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THE UNIVERSAL FAMILY PHYSICIAN, AND SURGEON.

CONTAINING

A FAMILIAR AND ACCURATE DESCRIPTION OF

The Symptoms of every Diſorder incident to Mankind;

TOGETHER WITH

Their gradual Progreſs, and Method of Cure:

INCLUDING PLAIN RULES TO GUARD AGAINST THE FIRST SYMPTOMS OF ANY COMPLAINT.

Inſtructions what to take, and what to avoid;

with directions concerning

DISEASES OF INFANCY
TREATMENT OF LUNATICS
EPIDEMIC & CONTAGIOUS DISTEMPERS
SEA-BATHING
POISONS
RESTORATION OF PERSONS DROWNED, &c.

ALSO, A SYSTEM OF

FAMILY SURGERY,

Pointing out the proper Treatment of Green or Old Wounds—The moſt approved Styptics—Applications for the Cure of the Bite of mad, or the Sting of venomous Animals—Approved Receipts for making and uſing the moſt eſteemed Salves, Ointments, &c.

WITH AN

UNIVERSAL HERBAL,

AND A

COMPLETE DISPENSATORY.

The Whole compiled from

SMYTHSON, TISSOT, BUCHAN, CORNWELL, &c.

BLACKBURN:
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1798.

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PREFACE.

MEDICINE is generally defined to be, The art of preſerving health when preſent, and of reſtoring it when loſt.

Men would never think of any particular regimen or mode of living in order to preſerve health, before they felt the pains which accompany the want of it. The firſt painful ſenſation muſt neceſſarily have produced a deſire for relief. But in a period when phyſicians and medicines were equally unknown, how was that relief to be obtained? or what ſyſtem of conduct would man in this ſituation naturally follow? Whoever can anſwer theſe queſtions, will unfold the general principles of the medicinal art, and give an infallible ſtandard for judging what progreſs has been made in the improvement of it, what particular circumſtances have contributed to obſtruct or forward the knowledge and cure of diſeaſes.

Medicine being thus founded on a powerful inſtinct in human nature, its exiſtence in ſome form muſt have been coeval with the firſt diſeaſe that appeared among mankind. Moſt arts require the experience of ages before they can arrive at a high degree of perfection. Medicine is unqueſtionably one of the moſt ancient; and conſequently, the improvement of it might be expected to bear ſome proportion to its antiquity. But, whilſt philoſophy, in all its branches, has been cultivated and improved to a great extent; medicine, notwithſtanding the collateral advantages it has of late derived from anatomy and other ſciences, ſtill continues to be buried in rubbiſh and obſcurity.

Many cauſes have contributed to retard our progreſs in the knowledge of the cauſes and cure of diſeaſes. In the early ages, preſcriptions were either the reſult of tradition founded upon uncertain facts, or mere random trials without any rational view of ſucceſs: Accordingly, when any uncommon caſe occurred, the patients were placed in croſs-ways, and other public places, to receive the advice of paſſengers who might chance to know the diſ-

eaſe or efficacious remedy. In this way valuable medicines might be accidentally diſcovered. But memory, and, in remarkable cures, engravings on pillars, or the walls of temples, were poor inſtruments for recording the ſymptoms of diſeaſes, and the ingredients of preſcriptions.

After the knowledge of medicine began to be ſtudied and practiſed as a liberal profeſſion, a jealouſy of reputation, joined to a thirſt for money, and ignorance of philoſophy, laid a ſolid foundation for medical diſputation. One party of phyſicians, known by the name of Empyrics, excluded all reaſoning, and truſted ſolely to experience. Another party, called Dogmatiſts, maintained, that no man ought to preſcribe, without being able to give a theory both of the diſeaſe and of the nature and action of the medicine. This diſpute continued for ages, and, like other diſputes of a ſimilar nature, remains ſtill in ſome meaſure undecided. The principles of both theſe parties are unqueſtionably good. But the phyſician who excludes either of them, will make but little progreſs in the knowledge of his profeſſion. A judicious mixture of the two is indiſpenſibly neceſſary. Indeed it is difficult to determine whether too great an attachment to empyriciſm or dogmatiſm has contributed moſt to obſtruct the improvement of phyſic.

But while the preſs has for ſome hundred years groaned with volumes of all ſizes and qualities, on the ſubject of medicine, they have in general been adapted to the *Fraternity* only; and their value has in many inſtances been increaſed, (to expreſs it no ſtronger) when, from a plentiful uſe of technichal terms, and ſcraps of obſolete Latin, the writers have not only made their works unintelligible to general readers, but impreſſed the minds of the multitude, with a proper reſpect for the unfathomable *Arcana* of medicine. The few who have attempted to write plain common ſenſe on this ſubject, have been loaded with abuſe; and ſome will roundly aſſert, that Dr. Buchan's valuable work, of which ſo many thouſand copies have been *uſually* circulated in this kingdom, has been prejudicial to mankind.---To the few, who may be infected with any degree of this practice, ſome apology may be neceſſary, for introducing a work to the public, equally ſimple, and much more comprehenſive than Dr. Buchan's.

In the remoter provinces of the kingdom of Great Britain, (and, indeed, in every part of it, except the metropolis and chief towns) medical aſſiſtance is placed at ſuch a diſtance from the major part

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of the inhabitants, and the expence of obtaining it is ſo conſidera-ble, that the patient's caſe frequently becomes deſperate before it can be procured; or his circumſtances preclude him from ſeeking it at all.

Thus, equally incapable of having recourſe to the hiſtory of phyſic, by peruſing the voluminous productions of ſo many hun-dred authors, and of acquiring help in the hour of ſickneſs, from the diſtance of medical practitioners, great numbers of individuals are left to the operations of diſeaſe, or the ſtruggles of nature, un-aſſiſted by the numerous and providential diſcoveries of art; unleſs where a county hoſpital here and there preſents its aid, and the benevolent hand of ſome compaſſionate landlord, by mere acci-dent reſiding on the ſpot, enables the unhappy victim to avail himſelf of the charitable inſtitution.

To remove obſtructions to the acquirement of ſuch a degree of medical knowledge, as may enable the diſeaſed to have immediate recourſe to proper remedies, without the delays occaſioned by ſending many miles for a phyſician or apothecary, and without in-curring an expence which in many caſes they are ill able to bear; to bring men of common capacities ſo well acquainted with the *ſymptoms*, *nature*, and *origin*, of their diſorders, that they may not be in danger of uſing improper medicines and unſafe methods of cure; and to direct them to the adminiſtration of ſimple, eaſy, and cheap ones; is attempted in the following work.

Further, to diſpel the clouds that have long obſcured this ſtudy; to render the practice of phyſic as obvious and eaſy, as it is uſeful and neceſſary; to communicate bleſſings, the concealment of which is little leſs than criminal; to direct the affluent and the indigent, the learned and the illiterate, in the road to health; to conduct them through the journey of life with as little pain, and as much ſatisfaction, as the complex mechaniſm of the human fabric, ever ſubject to diſorder and infirmity, will permit; and to remind man-kind of their high obligations to the great Author of their exiſtence, who in his judgments for their tranſgreſſions has remembered mercy, and condeſcended to afford balm to pour into their wounds; have been the principal objects in the following ſheets: which are ſubmitted to the public, in the expectation, that with a reaſonable degree of attention, they *muſt* be extremely beneficial, and can by no poſſible means prove injurious to a ſingle individual.

To

To render this work univerſal and extenſive, not a ſingle *term of art* has been retained for which a ſuitable expreſſion could be found in the Engliſh language; in few inſtances where that difficulty has occurred, an immediate explanation is given; and to avoid the poſſibility of error and miſtake, the *quantities* are expreſſed in words at length; the preſs will be carefully corrected, and every caution exerciſed to prevent any ſpecies of miſapplication.

The life of man is marked in diſtinct periods, and the diſeaſes moſt commonly incident to each period are treated of under that particular head; for this purpoſe, and for the eaſe and convenience of the reader, the whole is arranged under particular heads, and the contents prefixed, ſo that the patient, or his friend, may without difficulty or confuſion turn at once to the diſorder, treatment, and cure.

THE

THE UNIVERSAL

FAMILY PHYSICIAN;

OR,

MEDICAL REPOSITORY.

CHAP. I.

Of the Diſeaſes of Infancy and Youth, and particularly of epidemic eruptive Diſeaſes, ſuch as Small-pox, Meaſles, &c.

OF THE MANAGEMENT OF CHILDREN FROM THE BIRTH.

THE management of children in infancy is a matter of real importance. If they are brought up in a plain, ſimple manner, the conſequences will be manifeſt on their health, beauty, ſtrength, and ſpirits:—nay, it ſhould alſo be remembered, that all the faculties of the mind are well known to be intimately connected with the organs of the body. In the ſtate of infancy the foundations of a good or bad conſtitution are generally laid; and it is therefore of the utmoſt importance that parents ſhould be well acquainted with the various cauſes which may produce diſeaſes in their offspring.

Were any evidence neceſſary to ſupport the aſſertion that too little attention is paid to mankind in their infant ſtate, we might produce the annual regiſter of the dead, from which it is evident that nearly one half of the children in Great Britain die under twelve years of age. The fact is ſo obvious, and we are ſo much accuſtomed to obſerve it, that it is now conſidered as a natural evil. But this is not the caſe. Nature provides for her own ſupport in every

every age: and were our children treated in infancy as nature ſeems to teach they ſhould be, the young of the human ſpecies would become the victims of the grave in no greater proportion than the young of other animals. Children bear pain and diſeaſe much better than grown perſons. When was there a lamb, or a bird, or a tree, that died becauſe it was young? Theſe are under the immediate care of unerring Nature, and they thrive accordingly.

Among the lower claſſes of mankind, eſpecially in the country, diſeaſe and mortality are not ſo frequent either among the adult or their children. The mother who has only a few rags to cover her child looſely, and little more than her own breaſt to feed it, ſees it healthy and ſtrong, and very ſoon able to ſhift for itſelf; while the heir and hope of a great family lies labouring under a load of finery that overpowers his body, abhorring the dainties with which he is crammed, till at length perhaps he dies a victim to maternal tenderneſs.

Perhaps it is the wiſdom of the Divine diſpenſation that the offſpring ſhould enter the world in a more helpleſs condition than any other animal. The brute creation, under the guidance of inſtinct, a kind of ſubſtitute for reaſon, either abandon their young in the inſtant of their exiſtence, or foſter them with unremitting care and unerring management. But, expoſed to the open air and the inclemencies of the ſeaſons, bountiful Nature has provided them with neceſſary coverings and ſuitable food, and they are in much leſs danger from the attacks of diſeaſe than the depredations of voracious invaders. As their wants are few, tenderneſs and attention are required to be but of ſhort duration; they ſpeedily ripen into maturity: are enabled to ſupply their own neceſſities; and the ties of parental and filial affection are quickly diſſolved, leaving no trace behind of the once intimate connexion.

But to man, the image of God, endowed with the faculty of reaſon, and accountable for its exerciſe, more important cares are allotted. Conceived in ſin

and

and brought forth in ſorrow, the little ſtranger no ſooner makes his appearance in this world of woe, than he is ſurrounded with dangers and threatened with diſeaſe; maladies of a thouſand kinds preſent themſelves to awaken parental tenderneſs, and excite thoſe warm affections which are deſtined to continue both as a natural impulſe and duty to the end of our lives.

Nor is the want of care more deſtructive to the human ſpecies in the infant ſtate than an immoderate and exceſſive exerciſe of it. Ignorant nurſes and other aſſiſtants, too frequently and officiouſly introduce ſuch a vaſt number of articles, wholly unneceſſary and often injurious, in the food, clothes, and medicine of infants, that the loſs of great numbers may be attributed to this ill-applied and over-buſy zeal.

Another principal cauſe of the deſtruction of infants, is the want of that congenial nutrition which nature has provided for their ſuſtenance, and the ſubſtitution of foreign aliment, often unwholeſome, and always unnatural.

It will not be denied that the infant partakes of the conſtitution of its parents; and that as the mother has the largeſt ſhare in its formation, ſo it will be moſt apt to reſemble her in habit of body. This being admitted, what can equal the abſurdity of robbing it of the food, which muſt of all others be moſt adapted to its ſupport, and ſupplying it with the milk, habits, and diſorders of a ſtranger! or what wretched influence can prevail on a mother to abandon the care of her child to nurſes and ſervants, and devote it to probable deſtruction; depriving herſelf of one of the moſt delightful offices that fall within her ſphere, and idly bartering for unſubſtantial amuſements, the ſolid ſatisfaction of cheriſhing, protecting, and forming, the bodies and minds of a healthy, beautiful, and grateful offſpring! Nor is the evil confined to the child thus torn from its mother's breaſt, the infant who claims the ſuſtenance, thus ſold to the nurſling, preſents us another ſuf-

ferer; robbed of nouriſhment and attendance, and generally attempted to be brought up by hand, it pines for a few months, and then dies in a ſtate of emaciation occaſioned by actual want; or if it ſhould have ſtrength and conſtitution enough to ſtruggle through its infancy, attains the years without the conditions of manhood, and creeps through life, feeble, ſickly, and unhappy. And thus, too often, from vanity and levity on the one hand, and a mercenary ſpirit on the other, is the community deprived of two uſeful members at once; or a miſerable exchange made of beauty and health for deformity and decrepitude.

It is however by no means juſt to ſuggeſt that every mother is capable of ſuckling her own child, or that all mothers are alike capacitated for this neceſſary taſk: Many caſes offer in which it is impracticable, and others in which it would be imprudent and equally dangerous to the mother and infant. Women, who, from delicate habits or conſtitutions are ſubject to nervous or hyſteric complaints, are certainly unqualified to obey the calls of nature in the performance of a duty ſo tender, agreeable, and eſſential. But the mere act of giving ſuck is by no means to be conſidered as the only buſineſs of the mother, a variety of other circumſtances demand her attention; and the future health, happineſs, and comfort of her child, depend on her care and management in this early period of its exiſtence. Nor is the father to be excuſed from his part in this amiable duty. Female educations are little calculated to form mothers, nurſes, or miſtreſſes of families: Not one wife in a thouſand when ſhe brings a child into the world has the ſmalleſt idea of the charge committed to her hands: The huſband is generally better informed, at leaſt from reading; and it is neither beneath his dignity, or inconſiſtent with his province, to lend his aſſiſtance in whatever concerns the corporeal or mental welfare of the being which he has contributed to produce.

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To ſupply the child with wholeſome, natural, and nouriſhing food, and with warm, comfortable, and ſeaſonable clothing; to give it ſuch a degree of exerciſe as the tender frame muſt require; to watch the approach of diſeaſe, and apply ſuch preventives as offer; to attend the progreſs of diſtemper, and adminiſter the remedies that are preſcribed; are offices of a nature ſo truly maternal, that the interference of any other hand ſhould in very few caſes be admitted. In the very important article of cleanlineſs the mother's eye is above all things neceſſary, nurſes and ſervants are but too apt to relax in their regards to the ſalutary regulations of neatneſs and delicacy: yet we may venture to affirm, that many lives are loſt by negligence in this particular, and that clean water, clean linen, and conſtant attention to the evacuations of infants, would prevent many diſeaſes, and in general confirm and ſtrengthen the moſt robuſt and beſt conſtructed conſtitutions.

The milk of the mother, and where, for the foregoing reaſons, that cannot be applied, of a young, wholeſome, and ſober nurſe, is the food apparently pointed out for an infant by nature: She has in general provided and prepared a quantity proper for its ſuſtenance; and all endeavours to bring up children without the breaſt, are ſuch abſurd innovations on her dictates, that it is by no means to be wondered at that in ſuch attempts not one in fifty ſucceeds; and that even where they ſeem to thrive for a few weeks or months, breeding the teeth, the ſmall-pox, and other diſeaſes to which young children are peculiarly liable, in frequent inſtances prove fatal to them.

Children commonly ſhow a diſpoſition to ſuck very ſhortly after their birth; and they ſhould unqueſtionably be immediately indulged if the mother's milk begins to flow into the breaſt: and ſhould it be ſlow in its progreſs, the natural induſtry of the infant will ſpeedily ſupply the deficiency. The firſt milk it can draw, on being put to the breaſt, is the beſt medicine in the world to cleanſe its little ſtomach and bowels of the matter acquired in the womb, and at

the ſame time it contributes to the ſafety of the mother, by preventing milk-fevers, inflamations, and other complaints incident to women in childbed. But if the breaſt-milk cannot be ſpeedily obtained, a little oatmeal gruel or thin pap, mixed with new-milk in equal quantity, or rather water, with the addition of a little moiſt ſugar only, without wine or ſpice, is the only food that can be given with ſafety, and without incurring the danger of heating the blood and producing gripes by overcharging the ſtomach. Nor will the child need much other food of any kind for the firſt three or four months if the mother or nurſe be in health and has a ſufficient quantity of milk. The quantity of food, though not of equal importance with the quality of it, is yet an object of great attention: An over-quantity of food produces fluggiſhneſs and a habit of unhealthy fulneſs. The beſt rule that can be given is to feed the child often with moderate quantities; the contrary practice is deſtructive to the conſtitution, and ſhould be carefully avoided. A certain degree of regularity as to the times of giving food is of great utility; as well as a ſtrict regulation that no more be offered to an infant after it diſcovers any tokens of loathing.

Animal food ſhould be given to children with a very ſparing hand. They ſhould not be ſuffered to taſte it till they have teeth; nor ſhould they be permitted to take it in any conſiderable quantity till after they are weaned. Strong broths and ſoups, made diſhes, very fat meats, ſalted, ſmoked, and high-ſpiced proviſions, ſhould be totally baniſhed from the bill of fare for children; and ſtrong and fermented liquors of every kind ſhould be avoided with the ſame ſtrict attention. Light, plain, and ſimple food, in moderate quantities, preſerving a proportion of ſolids and fluids, and clear, pure, and unmixed water, will lay in ſuch a ſtock of health and ſtrength as will enable the infant to combat the various diſtempers to which it is liable; and ſuch a regimen will diſarm the ſmall-pox, meaſles, hooping-cough, and other inflammatory diſorders, of the terrors with which they are uſually accompanied.

nied. But if ſome other drink muſt be given to them, let it be milk and water, whey, ſmall-beer of a proper age and fineneſs, or a very ſmall portion of wine mixed with their water: The latter, however, is in moſt caſes better omitted.

From the very liberal uſe of butter children ſhould in general be reſtrained. Honey, or a ſmall quantity of preſerved fruits, particularly raiſins, may be ſubſtituted in its place: The former is cleanſing, and efficacious in the prevention of worms and thoſe eruptive complaints to which children are ſubject. Ripe fruits in moderate quantities and of particular kinds, ſuch as ſtrawberries, raſpberries, currants, and apples, far from being injurious to children, may in many caſes produce very good effects. They ſerve to cool and correct hot and accrimonious humours, promote digeſtion, and keep the body from being coſtive. But great care ſhould be taken that they are not indulged with them to exceſs: In that caſe they occaſion gripes, wind, and ſurfeits. But we would by no means inſinuate that it is neceſſary to confine children to any conſtant courſe of food. If regard be had to the nature of their ſuſtenance, it is of little conſequence how often it is varied in form or ſubſtance. The appetite may pall by a continual repetition of the moſt admired diſh, and a change may be as neceſſary as reſtrictive cautions againſt exceſs.

Various opinions prevail with reſpect to the age at which the child ſhould be weaned. Some recommend ſix months as the critical time, others prefer nine or twelve months; and many inſtances occur of very healthy families of children, who have been accuſtomed to ſuck from eighteen months even to two years. The beſt direction that can be given on this ſubject, is to conſult the ſtate of health of the mother and infant, paying particular regard to the time of cutting teeth. It is cruel, and in a great degree dangerous, to deprive an infant of the food it can attain with moſt eaſe, at the moment it is ſtruggling under an operation painful in its nature, and frequently alarming in its conſequences.

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The next material article in the management of infants, which falls under our conſideration, is cleanlineſs; a duty of ſuch indiſpenſible neceſſity, that from the neglect of it ariſe, we are perſuaded, many of thoſe diſeaſes which carry off children in the firſt ſtages, and many of thoſe which attend them through the courſe of a life rendered miſerable by a want of attention in the outſet of it. It is aſtoniſhing that a circumſtance of ſuch immenſe importance ſhould be ſo little regarded; and that a principal ingredient in the compoſition of health and beauty ſhould be ſo frequently omitted, whilſt the fond mother eagerly purſues leſs effectual means to obtain for her darling child theſe invaluable bleſſings!

From the birth the child ſhould be regularly accuſtomed to a daily waſhing, from head to foot, in cold water. This may be done from a baſon without immerſion, care being taken not to omit any part of the body, and to wipe it very dry with a ſoft linen cloth. By the conſtant uſe of this ſpecies of cold bath all diſagreeable ſmells will be taken off; galls, excoriation or ſtripping of the ſkin, and many diſeaſes which appear on the ſurface of the body, will be prevented, and the child will require ſtrength enough to reſiſt the attacks of colds, and ſuch diſorders as are in general produced by the inclemencies of the air or the changes of the ſeaſons: for in the habit of acquiring ſuch diſorders in early infancy originate frequently rheumatiſms, ſciatics, and other chronic complaints, which are uſually attributed to very different cauſes, but are for the moſt part owing to the want of proper management in this firſt period of our lives.

The next object of the mother's care ſhould be a frequent change of clothes: In the extremeſt ſtate of poverty a certain degree of cleanlineſs is attainable; and whilſt water is to be had without expence, no excuſe remains for dirt and filthineſs. But above all things the evacuations of an infant ſhould be attended to; nor, if poſſible to be avoided, ſhould they remain unchanged for a ſingle minute: Rickets, weakneſs, and

and ſwelled joints, are the certain effects of inattention in this momentous article; and the leaſt dangerous conſequences are, galling, fretfulneſs, and a certain degree of feveriſh heat, the ſymptoms and harbingers of worſe complaints.

Combing the heads of infants ſhould by no means be neglected. They are apt to acquire a kind of ſcurf beneath the hair which ſtops the pores, and is productive of head-ach and weak eyes; to which, from the mere omiſſion of this uſeful operation, moſt young children are ſubject: but a fine comb and very tender hand are required in the performance of this taſk.

For the clothes of infants few general directions can be given, except as to quantity: All the clothes neceſſary are, a light cap on its head, a little linen ſhirt next its body, a thin flannel garment without plaits or folds, and a looſe gown: All theſe ſhould be faſtened with ſtrings inſtead of pins, a ſpecies of offenſive weapons too often applied to the child's body as well as its clothes; and if a cloth to receive the evacuations be added, the child will be completely dreſſed for all the purpoſes of neceſſary warmth and comfort: whatever elſe is admitted can only be for the gratification of pride, or the compliance with wretched cuſtoms, which are already in many parts of the kingdom juſtly exploded as highly injurious to the little objects of our care; an opinion, which, for the preſervation of the human race, we earneſtly hope will very ſpeedily become general.

How many of our fair countrywomen have at this moment reaſon to deplore the pernicious and once univerſally prevalent practice of confining growing girls in ſtrait ſtays; a practice productive of all the evils we have juſt enumerated, but which ſeems now to be happily loſing ground from the operations of ſenſe and the conviction of woeful experience, that unequal ſhoulders, flat breaſts, and crooked backs, are the natural conſequences of ſtiffened garments and tight lacing.

If the mother is really incapacitated from ſuckling her child, great care ſhould be taken in the choice of a nurſe. A healthy infant at her breaſt is in general a very good direction: yet this is not always to be depended on. A naturally ſtrong and healthy conſtitution, derived poſſibly from the father and the air of the country, will frequently throw a bloom over the countenance of the child for which it is not indebted to the mother. The uſual deſcription of good milk is, that it be rather thin than groſs, of a colour inclining to blue, and that it be ſweet and perfectly free from any pungent or ſaline taſte on the tongue. To ſound health, a good conſtitution, and a body perfectly free from every kind of eruption, and a breaſt well ſtored with good milk, ſhould be added care, cleanlineſs, and a great ſhare of good nature. General fondneſs for children is rather an equivocal proof of a good nurſe. What degree of affection can we ſuppoſe any woman will bear to the child of another, who, for the ſake of gain, can bring herſelf to abandon her own offspring, or to commit a robbery on both, by dividing between them the nouriſhment allotted by Providence to ſuſtain the fruit of her own womb alone. If this circumſtance was duly conſidered, it might probably go no inconſiderable way towards the abolition of a cuſtom, founded principally on idleneſs, and practiſed even to inhumanity.

If the child is nurſed at home, and the mother pays any degree of attention to it, ſhe will keep a ſtrict watch over the conduct of the nurſe, and by that means diſcover her vices, habits, and bad cuſtoms: Of the former drunkenneſs is the moſt common, becauſe it may in general be indulged without much riſk of diſcovery. Mothers are very apt to permit the uſe of large quantities of ale and other fermenting liquors, from an apprehenſion that it increaſes and enriches the milk: the contrary of which is undoubtedly true. Large draughts of inflammatory drink ſerve to leſſen the quantity, and deſtroy its purity. Spiritous liquors of any kind have ſtill worſe

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effects. Fine table-beer, of a proper age, and light broths and gruels, are the moſt wholeſome fluids that a nurſe can ſwallow, and will beſt anſwer the purpoſe of preparing ſweet and innocent food for the child. Her food ſhould, as near as poſſible, be ſuch as ſhe has been accuſtomed to; nor ſhould ſhe omit to take her uſual exerciſe. Inattention to theſe rules will prove truly injurious to the child.

It is by no means unuſual with nurſes, if the child is reſtleſs or diſinclined to ſleep, to quiet it with ſtupifying drugs to ſave themſelves the trouble of attending it. Theſe are all attended with the moſt pernicious and fatal conſequences; as well as ſtrong liquors, another ſpecies of poiſon, too often adminiſtered for the ſame purpoſe, the operation of which, though ſomewhat more ſlow, is equally ſure to deprive the unhappy child of a good conſtitution, if not of life. To adminiſter medicine without conſulting the parents ſhould be abſolutely prohibited: Nine times in ten it is given improperly. The efforts of nature frequently throw out in eruptions on the ſkin ſuch bad humours as threaten infants with fevers and other violent diſeaſes. Nurſes are too apt to treat ſuch eruptions as infectious diſorders, and uſe means to repel them. Attempts of this kind, which go in direct oppoſition to nature, are always dangerous, and very often fatal: No eruption ſhould ever be haſtily ſtopped, nor even checked, till the nature of it be fully aſcertained.

The trouble occaſioned to nurſes by frequent ſtools is commonly avoided by giving the infant aſtringent medicines, a moſt horrid practice, as this is the channel by which nature generally works to cleanſe the infant body from impurities; and to counter-act her operations is to add one diſorder more to thoſe ſhe means to relieve. If the looſeneſs is violent it moſt probably proceeds from acidities, which a ſmall quantity of rhubarb and magneſia-alba, or a gentle vomit, will in moſt caſes infallibly correct; at leaſt aſtringents ſhould never be permitted till the others have been firſt uſed as preparatives.

But one of the principal faults of mercenary nurſes is the denying the children entruſted to their care air and exercise. In great and populous cities, and in large manufacturing towns, where the inhabitants are crowded together in narrow confined ſtreets, and low, dark and dirty houſes, it is no wonder that the children ſhould be ſickly, and that a very few, comparatively, ſhould arrive at maturity. Grown perſons, however hardy and robuſt, are generally affected by ſuch ſituations; but their children ſeldom ſtruggle through infancy, or if they do, are commonly marked with deformity or weakneſs. The like fate, and for the ſame reaſons, generally attends the unfortunate children who are conſigned to hoſpitals, work-houſes and other public and charitable inſtitutions. This is a misfortune inſeparable from poverty. But it is the duty of ſuch parents as can well afford the expence, to place their children in a dry, healthy, and airy habitation, and to inforce by the ſtrongeſt injunctions and frequent viſits the carrying them out in the open air many times in the day. Nurſes left to themſelves are too apt to indulge a habit of indolence in this eſſential article.

Small apartments are totally unfit for nurſeries; nor ſhould ſeveral beds be ſuffered in one room. Nor is the practice leſs dangerous of covering up the child cloſely in the cradle, depriving it of the comfort of breathing, and compelling it to ſwallow again, in repeated draughts of reſpiration, the ſame air it has emitted. No cuſtom can be more abſurd than that of heaping additional clothing on children in the cradle, where they have naturally ſufficient perſpiration, to induce an extraordinary degree of it, which is violently checked the moment they awake to the extreme hazard of their lives. Nor ſhould children as they grow up be confined to warm rooms, or kept wholly within doors. At a certain age they are ſent to public ſchools and other places of education, where the treatment is ſo different, that, like exotics, they ſhrink at the expoſure, and never attain any degree of vigour or ſtrength. And the like inconvenience

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ariſes from bringing children who have been accuſtomed to wholeſome country air to ſchools in confined towns, where their improvement in learning is frequently impeded by the loſs of health, at a time too when the application of every hour is of ineſtimable value.

To prolong and render comfortable the life of man exerciſe is indiſpenſibly neceſſary: The health, growth, nay even the very exiſtence of the infant depends on it. The nature of the exerciſe ought to be adapted to the age of the child, and to be increaſed by degrees as it gains ſtrength of body; but it muſt in many caſes be regulated by the condition of the parents. Rocking in the cradle has been the practice of centuries; and, moderately uſed, may not be an improper kind of exerciſe: but the mother's or nurſe's arms is the moſt eaſy and natural. Being carried from place to place a variety of objects offer which amuſes its fancy, and under the information which it receives from its conductor, direct its opening ideas. Where actual poverty prevents this kind of exerciſe, frequent rubbing of the back and loins with a warm hand will be of ſingular uſe. Even a ſwing not high enough to ſuſpend the child is preferable to the uſual method of committing one child to the care of another; but both ſhould in every poſſible caſe be avoided: and if mothers would dedicate more of their time to their children at this period of their lives, they would be repaid by the forward growth and ſtrength of their offspring, who would be much more quickly in a capacity to take care of themſelves.

Having laid down a few neceſſary and fudamental rules for the management of children in health, we ſhall now proceed to treat of their diſeaſes. But as there are certain accidental circumſtances which ſometimes affect children at the birth, and which yet are not to be claſſed under that head, we will firſt enumerate thoſe, and offer directions and remedies ſuited to each particular caſe.

On the examination and inſpection of a new-born infant, enquiry is generally made if it be tongue-tied: This ſometimes, though very rarely, happens. A thin ſkin or membrane under, and extending towards the narrow part of the tongue, prevents the child from ſucking, and may be remedied by a very gentle ſnip with a pair of fine ſciſſars. But this circumſtance ſo ſeldom occurs, that when the child exhibits an inability to ſuck the impediment will much more commonly be found in over-full breaſts or ſore nipples of the mother, or in ſwelling of the glands or weak jaws in the infant. The operation of cutting ſhould therefore never be performed without attending to theſe other poſſible grounds of the complaint.

The breaſts of infants are generally found to contain a ſmall quantity of milky fluid, but this ſhould by no means be drawn or preſſed out: warm milk and water, or a little ſweet-oil warmed and gently rubbed in, will in moſt caſes remove it; or if it ſhould remain beyond a day or two, a poultice of bread and milk is an effectual remedy.

If too much of the chord or navel-ſtring is left to the body of the child, it is apt to occaſion inflammation; nay in ſome caſes even mortification. The beſt way of managing it is to make a hole in a piece of fine linen cloth, many times doubled, and paſſing the end of the navel-ſtring through the hole, to fold the cloth ſeveral times till it gets near the belly, to which it ſhould be bound by a ſmooth roller, but not drawn too ſtrait. The navel-ſtring commonly ſeparates and falls off in four or five days. When that happens, which ſhould be carefully attended to, a bit of ſinged rag may be laid over the navel; and if any rawneſs or ſoreneſs ſhould appear round it, or the ſkin ſhould appear fretted or galled, a raiſin ſplit and ſtoned, may be applied, and the part waſhed with a little alum water or a weak ſolution of ſugar of lead, and a plaiſter of cerate applied to protect it from rubbing. When the navel appears to protrude or puſh out, it is frequently miſtaken for a rupture. But as the latter is by no means a common caſe, all violent attempts

tempts to reduce it ſhould be carefully avoided; nor ſhould they be made but with infinite caution in infant ſubjects, even in caſes of actual ruptures in the groin. The body may be kept open, and the hand gently applied to the part when the child makes any extraordinary exertion either by crying or otherwiſe. And as the complaint is not of a dangerous nature, a cure will generally be effected without the application of bandages or truſſes, which ought always to be uſed by very ſkilful hands.

If the retention of the child's urine ſhould afford any reaſon to ſuſpect that the paſſage from the bladder is obſtructed by a ſlimy matter, which ſometimes oppoſes the paſſage of the water, a warm bath of milk and water, or a little oil gently rubbed on the belly, will in moſt caſes remove the complaint; but if theſe applications prove ineffectual, it will be neceſſary to conſult ſome perſon of judgment, as it may then be apprehended that the difficulty ariſes rather from ſome defect than from ſome accident, eſpecially in female infants, where the cauſe is not always to be found in the paſſage from the bladder, but in a kind of thin ſkin which cloſes its orifice or mouth; and the ſame appearance ſometimes preſents itſelf at the gut, and prevents in like manner evacuation by ſtool. It is proper therefore that the child's body ſhould be repeatedly and carefully examined, and that attention be paid to the regularity and freedom of its evacuations.

The noſes of children are ſometimes ſtopped up by groſs matter, which, gathering in the noſtrils, occaſions difficulty in ſucking, and even obſtructs their breathing: A little oil or butter applied to the noſe by a warm finger will ſcarce ever fail to remove this complaint. But ſhould it refuſe to yield to theſe common and gentle preſcriptions, two grains of white vitriol may be diſſolved in about half an ounce of marjoram water, and applied to the noſtrils with a fine rag. Running ears, ſore or weak eyes, and excoriations, galls, or ſtripping of the ſkin, may generally be attributed to the ſame cauſes. The former and latter

ter are almoſt conſtantly the effects of want of care and cleanlineſs, and may be removed by a careful attention to theſe eſſential articles. In the former caſe a little cerate plaſter may be applied, or if extremely obſtinate a very weak ſolution of ſugar and lead may be uſed to waſh the part. In the latter caſe, the armpits, groin, or other galled places, may be powdered with fine tutty, or even common hair-powder; but the moſt effectual remedy is fullers-earth diſſolved in warm water, and when made quite ſoft and ſmooth applied with the finger.

Sore eyes are generally occaſioned by the neglect of waſhing the child's head with water from its birth. Where that method is practiſed this complaint ſeldom occurs, though it may ſometimes happen by expoſing it ſoon after the birth to a very ſtrong light, or placing it too near the fire. In both caſes the moſt ſimple applications are the ſafeſt; and frequent waſhing with milk and water or roſe-water will generally remove all the diſagreeable effects of this diſorder.

OF THE DISEASES OF CHILDREN.

THE *meconium*, which is ſo little conſidered as a diſeaſe, that it has not yet acquired any Engliſh name, is the excrement contained in the ſtomach and guts of a new-born child, and which was formerly thought to poſſeſs very dangerous qualities, and to require the immediate aſſiſtance of purgatives to carry it off; but the mother's milk has been long conſidered as the moſt efficacious medicine, and ſcarce ever fails to promote the diſcharge of it. If the mother does not ſuckle, or the breaſt is not ready to receive it, a little magneſia or even moiſt ſugar diſſolved in warm water will anſwer the purpoſe.

The ſymptoms of *acidities* in the ſtomach of a child, are, at firſt, loathings and ſour belchings, a pale complexion, with frequently a yellow or green caſt, wind, red ſpecks or ſpots in the forehead, cheeks, or neck, a thick breath, attended with a ſnoring noiſe, and not uncommonly a ſharp and troubleſome cough.

Gripings,

Gripings, purgings, and green and ſour ſmelling ſtools, are the ſure ſigns of acidities in the bowels. In both caſes the beſt medicine known is magneſia, which may be given either in its common food or in the following prepared mixture.

Six grains of powdered rhubarb—thirty grains of magneſia—half an ounce of ſimple mint-water—half an ounce of ſyrup of ſugar, or ſugar diſſolved in as much boiling water as will reduce it to the conſiſtence of ſyrup—one ounce of common water.

Somewhat more than the quantity of a tea-ſpoonful may be adminiſtered every three or four hours. But as this medicine is evidently calculated to act as a purgative, as well as to correct the acids in the ſtomach and bowels, in caſe the body ſhould be already ſufficiently open, a like quantity of prepared powder of crabs-eyes may be ſubſtituted inſtead of magneſia, though the latter may on moſt occaſions be uſed with ſafety and ſucceſs. If the ſame complaint occurs after the child is weaned, an infuſion of about fifteen grains of rhubarb, and one grain of ſalt of tartar, in any ſimple water, poured carefully off after it has ſtood near the fire for a few hours, may be given in the quantity of two ſmall tea-ſpoonfuls at a time, and repeated twice or thrice in the twenty-four hours: You may add a little ſugar to make it palatable.

If the gripes are ſevere, and the mixture above recommended has not produced ſtools, a ſmall quantity of peppermint-water, diluted with common water warm may be given, and a flannel dipped in brandy or other ſpirit applied to the belly; and a gliſter of a table-ſpoonful of Florence-oil, the like quantity of coarſeſt ſugar, and from two to four ounces of new-milk or the decoction of linſeed ſhould be immediately adminiſtered. Proper care muſt be taken that the heat of the injection do not much exceed that of milk from the cow. For vomitings occaſioned by acidities no medicine is more effectual than the magneſia and rhubarb mixture; but if the continuance of the complaint has ſo weakened the ſtomach

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that it can neither retain food or medicine without loathings or actual vomitings, from two to five grains of ipecacuanha, according to the age of the child, may be very ſucceſsfully given. It ſhould be finely powdered, and mixed with ſugar and water or the common ſyrup, and its operation is mild and ſafe. But if the vomiting is apprehended to proceed from an irritation of the nerves of the ſtomach, a drop or two of liquid laudanum may be given in a table-ſpoonful of the ſaline draught, which may be compoſed of

Thirty grains of ſalt of wormwood or tartar diſſolved in half an ounce of freſh lemon juice—half an ounce of common ſyrup of ſugar—one ounce of ſimple peppermint-water—and one ounce of common water.

And the like quantity may be repeated every two, four, or ſix hours, leſſening, however, the quantity of the laudanum in the repetition. If the diſorder is obſtinate, the following plaiſter, from the ſize of a crown-piece, in proportion to the age of the patient, ſpread on ſoft leather and applied to the pit of the ſtomach, may be uſed with great probability of ſucceſs.

Take three ounces of gum laudanum, or plaiſter of gums—half an ouuce of camphorated oil—three drachms of black or Indian pepper—two ſcruples of eſſential oil of mint or mace.

Melt the ingredients in a ſmall earthen pipkin or pot, ſtirring in the powdered pepper as it diſſolves, and adding the oil of mint or mace in the laſt ſtirring. When the ſymptoms abate, it may be proper to ſtrengthen the ſtomach by the following medicine.

Infuſe one drachm of Peruvian-bark—ſix grains of rhubarb, and a ſmall quantity of orange-peel, in one ounce of cinnamon-water, and one ounce of common water.

And after it has ſtood three hours, ſtrain it carefully off, and give the quantity of a tea-ſpoonful morning and evening. But, after all, vomiting may be occaſioned by the quantity or quality of the child's food.

food. The matter thrown up will in a great meaſure aſcertain the former cauſe, and the cure is too obvious to need pointing out. In the latter a change is neceſſary even of the breaſt-milk, if that ſhould be found too groſs or heavy; at leaſt the mother or nurſe ſhould have recourſe to a more ſpare diet, and diluted liquors, in order to render her milk leſs thick and glutinous.

The ſymptoms which indicate the approach of the *thruſh*, are, lowneſs and depreſſion of ſpirits, extreme weak pulſe, difficulty or almoſt ſuppreſſion of breathing, and univerſal languor. As the ſpots riſe on the ſurface the pulſe gets more ſtrong and quick, a fever enſues, attended with want of reſt and general uneaſineſs, the extreme ſoreneſs of the child's mouth preventing its ſucking, and blood and even convulſion fits frequently follow its attempts.

The diſeaſe itſelf appears in the form of ſmall white ulcers, like ſprinkling drops of any milky matter ſpreading externally over the whole mouth and its contents, the lips, jaws, cheeks, tongue, palate, gullet, and according to the opinion of many eminent phyſicians, extending through the ſtomach and inteſtines even to the excrementary paſſage at the fundament, where they may ſometimes be traced. Theſe ulcers are fewer or more in number according to the degree of malignity with which the child is affected. As this diſorder proceeds alſo from acid humours, they ſhould be immediately corrected. For this purpoſe the magneſia and rhubarb mixture may be freely given, ſweetened with honey of roſes inſtead of ſimple ſyrup; but if this medicine ſhould occaſion ſtools more frequently than three or four times in twenty-four hours, it may be proper to uſe the powder of prepared crabs-eyes rather than magneſia, and to admit a drop or two of laudanum.

By way of waſh or gargle for the child's mouth, five grains of white vitriol diſſolved in four ounces of bran-tea may be uſed, or a ſlight decoction of the bark, with the addition of a drop or two of ſpirit of vitriol, or even port-wine or claret diluted with

warm water; but either of these washes should be passed into the mouth by very small quantities at a time, by which means it will spread more effectually over the affected parts, and be conveyed into the stomach and intestines. The mouth of the child, and the nurse's or mother's nipples, may also be gently touched with gum-arabic or dragon's blood, dissolved in warm water to the consistence of a thin jelly. Cream may also be used for the same purpose. Vomitings in the course of this disease should be assisted by two or three grains of ipecacuanha, or half a grain of emetic tartar dissolved in an ounce and a half of water, and administered in the quantity of one or two tea-spoonfuls according to the child's age. If the child refuses the breast, it will be necessary to convey sustenance into its body by clisters. These should be composed of thin broths, or even pap strained for the purpose. Blisters may perhaps be applied with some hope of relief; and strict observation should be made whether the disinclination arises from any causes in the milk, such as being too gross or the contrary, in either of which cases immediate recourse should be had to a change.

The causes of other eruptions, besides these critical ones, may principally be attributed to impropriety of food, both as to the matter of which it is composed, and the manner of taking it; or to carelessness and neglect in the great article of cleanliness. In both cases the cure will be effected by the necessary regulations; the correction of the aliment and the restoration of cleanliness will leave no occasion for the efforts of medicine.

Eruptions of different kinds are frequently mistaken for the itch, and the use of greasy ointments has in many instances produced unhappy effects. Before any such measure is adopted, it will be perfectly proper to try the effect of magnesia, with rhubarb and such other cooling and moderately corrective medicines, which will generally perform an effectual cure without the assistance of sulfur or hog's-lard, the only superficial remedy that ought ever to be permitted.

mitted. But in all eruptive complaints, to keep the body open and cool, and at the same time to avoid taking cold by any improper exposure or violent exercise, and to adopt the most mild and temperate regimen, seem to be the most effectual means that can be used to ensure a speedy and complete removal of these disagreeable appearances.

It may be necessary to caution our readers against considering and treating looseness in children as a disease. It is in many instances in itself of a very contrary nature, and the causes, not the effects, should be attacked by medicine. The best which can possibly be offered is magnesia, which, either alone or with rhubarb, according to the degree of the disorder, will first alter the appearance of the stools, by correcting those acids which have occasioned their green colour, slimy consistence, and fœtid smell, and by persisting in using it, will in general reduce the quantity of the discharge, without giving it so sudden a check as to endanger worse consequences. When the purging is accompanied with such violent pains in the bowels as to call for immediate alleviation, from two to six drops of laudanum, according to the age, may be given; and where the stools are sharp and scalding, stripping the skin as they pass, clisters will be necessary.

These clisters may consist of a tea-cup of gruel of thin mutton-broth, with a small quantity of sweet-oil and a few drops of laudanum. But if the stools exhibit no unnatural appearance, the common clister of warm water, milk, and sweet-oil, will answer.

The *rising* of the *lights*, a disease known also by the names of the *croup* or the *chock*, is a kind of asthma or suffocation, and may be occasioned by cold, damp, or any circumstance that tends to suppress perspiration. It is seated in the cavity of the wind-pipe, and consists of the matter separated there becoming so thick as to obstruct the free passage of air into the lungs. A voice uncommonly shrill, clear, and sharp, is the first indication of this disorder. When it is attended with all or any of the marks of inflamma-

tion, ſuch as high colour, ſtrong pulſe, and conſiderable thirſt, bleeding and evacuation by cliſter, if neceſſary, are recommended, immerſion of the lower parts in warm water, breathing over the ſteams of warm liquids, ſuch as camomile-tea and vinegar, or vinegar and warm water: flannel cloths dipped in a fomentation of camomile-tea, and then ſprinkled with camforated ſpirits of wine, may be applied round the neck, and cataplaſms, or poultices of white-bread and milk and ſweet-oil. Aſafœdita has alſo been preſcribed, and may be adminiſtered by diſſolving twenty grains of it in one ounce of ſimple mint-water, and ſweetened with common ſyrup; but as from the nauſeouſneſs of this medicine it is extremely difficult to ſwallow, it may be conveyed into the body by giving the ſame quantity of aſafœdita in a cliſter of thin chicken-broth, or milk, water, and oil.

The rapid progreſs of this diſeaſe, which is frequently critical in two, three, or four days, points out in ſome caſes the immediate neceſſity of applying a bliſter round the neck, and of bleeding; but if the pulſe continues firm, and the difficulty of breathing does not encreaſe the ſecond or third day after ſeizure, there are great hopes of the patient's recovery without either loſing blood or bliſtering. Upon the whole, it will be underſtood that as this diſeaſe puts on ſeveral different appearances, it will be neceſſary to adapt the treatment and medicines to the various ſymptoms, always remembering that the low and languid ſtate of the diſeaſe is more dangerous than the feveriſh and inflammatory, becauſe in the latter caſe a variety of medicines preſent themſelves, but in the former little more can be done than to aſſiſt the operations of nature by the external applications before directed.

As this diſorder is in ſome meaſure local, and as children inhabiting low damp ſituations and the flat coaſts of rivers communicating with the ſea are found moſt liable to it, it will be neceſſary to guard againſt frequent returns, by avoiding wet, cold, and expoſure to ſharp winds.

If

Convulſion-fits, when they are not the forerunners and companions of other diſorders, are occaſioned by a violent agitation of the brain affecting the whole nervous ſyſtem. But the occaſion of convulſions in infants is to be found in a great variety of other cauſes more evident to our ſenſes and familiar to our underſtandings. The appearance of convulſion-fits is in diſtortion of the features, ſtartings, twitchings, and contractions, attended with blackneſs about the mouth and eyes, and not uncommonly a cough, vomitings and purging, and almoſt conſtant ſleepineſs between the fits.

The approach of acute and epidemic diſeaſes in children is frequently diſcovered by attacks of this ſort before the appearance of the eruptions. In the ſmall-pox, meaſles, and other diſorders of the ſame kind, convulſion-fits are uſual ſymptoms. At the ſeaſon of breeding teeth, children are peculiarly liable to them; and they are frequently produced from irritation of the nervous ſyſtem by acrid humours in the ſtomach or bowels, worms, twitching and gnawing the inteſtines, and violent pains of any kind, whether proceeding from diſorder or any external injury.

Hence it will be clear that the cauſe being removed the convulſions will be at an end. As ſoon as the ſmall-pox or meaſles appear on the ſkin, the fits, however violent before, ceaſe immediately. In caſes which proceed from acidities, the correction of the indiſpoſition in the bowels and ſtomach will put a ſtop to the convulſions, and the mixture of magneſia and rhubarb, omitting one half the former and adding the like quantity of powder of prepared crabs-eyes, will more effectually anſwer that purpoſe than any other medicine. When the fits are occaſioned by teeth, bleeding is required, and even ſmall bliſters to be kept open. Coſtiveneſs ſhould be prevented by manna or other cooling phyſic, and the common clyſters, if neceſſary, with a few drops of laudanum. A ſmall quantity of the tincture of caſtor, not exceeding three or four drops, may alſo be given in a tea-

ſpoonful

ſpoonful of pennyroyal-water, and repeated more or leſs often according to the frequency of the fits. But it may be proper to remark, that when the convulſion is diſcovered to ariſe from any external cauſe, the removal of that cauſe is firſt neceſſary. Inſtances have happened where pins thruſt into the child's body, leg, foot, or arm, forced into an unnatural poſture, or even the ſlip of a knot in tying its clothes occaſioning unuſual ſtricture, has produced theſe fits; and, perhaps, if examination was more frequently made into the ſituation of the child's body, a diſeaſe ſo dreadful in appearances and in conſequences ſo commonly fatal, might ſometimes be prevented and very often removed, without the aſſiſtance of art or the interpoſition of medicine.

During the continuance of the fit all operations and applications are vain, and ſerve only to add to the torments of the unhappy little ſufferer without the ſmalleſt hope of affording it relief. Patience, and the mild and gentle treatment which we have recommended, will always produce a temporary, and in moſt caſes an effectual cure. Shaking the child to rouſe it, and the application of ſpirits or eſſences to the noſtrils, temples, &c. have very often dangerous effects. Let the child be kept perfectly quiet, and the uſe of opening and correcting medicines be continued between the fits, and they will be ſoon found to return leſs frequently, and with abated violence; till the cauſe being totally removed, and the contents of the ſtomach and bowels reduced to a natural ſtate, the diſeaſe with all the dreadful ſymptoms will diſappear, and the return may be in a great meaſure prevented by a proper attention to regimen and evacuations. Where no medicine is at hand the body may be opened by a tea-ſpoonful of juice of pellitory of the wall, every ſix or eight hours till it has effect, and poultices of the peony-root ſcraped or beaten in a mortar may be applied to the feet; but though theſe ſimple preſcriptions may, in caſes of neceſſity, afford help till the correcting medicine can be had, the latter is always to be preferred when it can be procured; for it is obvious

vious to common reaſon and obſervation, that convulſion fits in children almoſt conſtantly originate in complaints of the ſtomach and bowels; and, therefore, to attack the diſeaſe in its firſt ſeat is to enſure the faireſt proſpect of ſucceſs.

The *hooping-cough*, or *chin-cough*, is a diſeaſe almoſt peculiar to children, though inſtances ſometimes occur of ſevere attacks of it on grown perſons. It is certainly contagious; though, perhaps, the opinion that it ariſes in all caſes from infection may admit of doubt. The ſeat of this diſorder is in the paſſages which convey air into the lungs, and in the lungs themſelves, where a quantity of thick phlegm lodges, and irritating the parts to endeavour to throw it off occaſions coughing to ſuch a degree of violence in children as even to bring on convulſions.

When the hooping-cough attacks thoſe who are weaned, great care ſhould be taken ſo to regulate their diet as not to admit the uſe of any thing that may in the the ſmalleſt degree encreaſe the load of phlegm. Butter in particular ſhould be avoided. Bran-tea, or weak whey made with any acid and ſweetened with honey, may be the common drink; or, indeed, tea made from any of the pectoral herbs, ſuch as pennyroyal, hyſſop, or the leaves and roots of the common mallow. Where the diſorder proceeds with great violence bleeding is ſometimes recommended; but it ſhould only be uſed when there is a conſiderable degree of fever. By the uſe of vomiting, promoted by diſſolving one grain of emetic tartar in two ounces of water, and adminiſtered, a tea-ſpoonful at a time, at the diſtance of half an hour, the hooping-cough is frequently carried off, proper care being taken to keep the body open by magneſia and rhubarb, or manna diſſolved in ſenna-tea, of which a tea-ſpoonful may be given as often as neceſſary. Woodlice or millepeds have alſo been recommended; an infuſion of which, dried and powdered, may be made in white-wine and water as follows:

One ounce of millepeds—a quarter of a pint of wine—a quarter of a pint of water.

Let

Let it ſtand about twelve hours, pour it off quite bright, and give about two tea-ſpoonfuls twice or thrice in twenty-four hours. If the coughing fits are extremely ſevere, the above decoction may be ſweetened with a tea-ſpoonful of the ſyrup of poppies, or may have the addition of ſix drops of laudanum for a very young child, and eight or ten for one more advanced. But when they are frequent and violent, and the diſorder has been of long continuance, from ſix to eighteen grains of the bark, according to age and ſtrength, may be given in a tea-ſpoonful of penny-royal or ſome ſimple water, ſweetened with honey. Some add two or three grains of caſtor, and adviſe bliſtering and bathing the feet in warm water: both which may be tried in obſtinate caſes.

The *rickets* is a diſeaſe which generally commences about the time that children firſt begin to walk, or expected to do ſo. Such parents as have in their infancy been afflicted with this diſeaſe, as thoſe who are of a cold or relaxed habit, and have indulged in an idle and ſedentary life, or thoſe who have been accuſtomed to a ſlender and waſhy diet, will neither produce children with the ſeeds or ground-work of good conſtitutions, nor even with ſtrength to ſtruggle with the infirmities which they inherit from their parents. Nothing is more certain that though the diſeaſes of the parents may not always be conveyed to their progeny in the ſame forms wherein they appear on themſelves, yet the offſpring of thoſe who have laboured under tedious and waſting diſorders, of the conſumptive or dropſical kind, or thoſe who are tainted with venereal poiſon, nay even the children of old age, will be ſubject to the rickets, which is in fact a complication of the diſeaſes we have enumerated, and exhibits at times ſymptoms of each; and it will be found, almoſt without exception, that ſtrong and healthy children are not to be met with among the immediate deſcendants from age, ſickneſs, or debility. But circumſtances attending the ſtate and progreſs of infancy are the more common cauſes of this diſeaſe. Damp air, wet linen, want of attention

attention to the evacuations, a diet over high and rich, or too meagre and ſcanty, ſalt and hard proviſions, high ſpices, many ſweet things, and ſtrong liquours of any kind, either ſwallowed by the nurſe or the infant itſelf, and improperly warm and ſtimulating medicines, will generally produce the rickets; and may alſo be acquired by ſuffering the child to remain in a ſtate of inactivity, or by giving it any violent and unnatural exerciſe. Acute diſeaſes, ſuch as the ſmall-pox and violent fevers, are commonly followed by this diſorder, and ſeems in every inſtance to ſeize on thoſe helpleſs victims who have been reduced to any degree of weakneſs either by accident or diſtemper.

The beſt preventive courſe that can poſſibly be preſcribed, is moderate exerciſe in good air, frequent waſhing, and extreme cleanlineſs in the ſkin and in the clothing; rubbing the back and limbs of the child with the hand whenever it is undreſſed, frequent change of poſture, and great regard to its little wants and cravings; for it will often be found that vexation and a habit of crying will contribute to increaſe, if it does not occaſion, this diſorder.

The firſt ſtep towards removing this diſorder is to aſſiſt nature in the reſumption of her offices by ſuch a regimen as ſeems calculated to reſtore her weakened powers; the food ſhould be nouriſhing, yet light and eaſily digeſted; to keep the body reaſonably open; to guard againſt indiſpoſitions of the bowels and ſtomach by the uſe of magneſia and rhubarb, and if from ſickneſs or loathing they ſhould appear needful, gentle vomits; and to encourage the patient to cheerfulneſs and content, by promoting every diverſion and amuſement that may excite him to uſe exerciſe proportioned to his ſtrength; have been long diſcovered to be the moſt efficacious remedies that can be applied to remove a diſeaſe, which originates for the moſt part in weakneſs, and gives way on every ſide to returning ſtrength. But above all things the uſe of ſea-bathing or the cold-bath may be de-

pended on, and ſcarce ever fails to produce happy effects. But as a weak and ſhattered frame will hardly in the firſt inſtance ſupport the ſhock of being plunged over head and ears in the water at once, the proceſs may be begun by waſhing from a baſon or other veſſel, firſt wetting the top of the head and the wriſts, and then going on to waſh the whole body. This ſhould always be done in the morning, and the patient wiped dry, and gently rubbed till a pleaſing glow of heat extends itſelf over the whole ſurface of the ſkin.

Although we agree with the practice of the preſent day, to conſider the adminiſtration of large quantities of medicines as rather injurious than beneficial, yet we cannot but admit, that caſes and circumſtances preſent themſelves where it would be equally abſurd and dangerous to refuſe the interpoſition of medical aſſiſtance. We ſhall ſubjoin approved preſcriptions for ſuch emergencies, with this obſervation, that in general regimen is preferable to phyſic, and that where the latter is abſolutely neceſſary, it ſhould be given in a cautious and ſparing manner, and neither repeated oftener nor continued longer than the exigency of the particular caſe requires.

When the child is remarkably coſtive, and the excrements hard and voided with griping and pain, the following cliſter may be adminiſtered.

From a quarter to half a pint of water, in which half an ounce of the root, or half a ſmall handful of the leaves and flowers of marſh mallows, have been boiled a quarter of an hour—from ſix to ten grains of powdered anniſeeds—from one to two ounces of coarſe moiſt ſugar—half a table ſpoonful of ſweet oil.

This cliſter muſt be given moderately warm, and the quantity muſt be adapted to the age of the ſubject. One half of the above is ſufficient for a child of ſix months, and a larger portion requiſite for a child of a more advanced age.

If

If the child is of a groſs habit and purgatives required more immediate in their operation than the magneſia and rhubarb mixture, the following may anſwer the purpoſe.

From four to ſix drams of fine manna—from five to ſeven drams of cream of tartar—from one ounce to an ounce and a half of cinnamon-water.

The ſmalleſt quantity for a child of ſix months old, and ſo in proportion, to be given in the morning faſting.

Or from one dram to two of lenitive electuary—from one dram to two and a half of ſyrup of roſes—from one ounce to an ounce and a half of weak ſenna-tea.

To be given in the ſame quantity as the former, and early in the morning. Diet drinks are alſo recommended: the preſcriptions for which are various.—The following appears well calculated to ſweeten the blood and ſtrengthen the ſtomach, the purpoſes for which theſe draughts are for the moſt part intended.

The herbs maidenhair, liverwort, agrimony, and water-trefoil, a handful of each—ſix ounces of horſe-radiſh root ſcraped—twelve ounces of great water-dock root ſliced—one ounce of lemon-peel—one pound of raiſins ſtoned.

Boil theſe ingredients half an hour in four gallons of water, pour it off fine, and give a tea-cupful, or in infancy a ſmaller quantity, at leaſt three or four times a day, adding a tea-ſpoonful or two of raiſin-wine.

Of the various diſorders to which children are peculiarly liable, two parts in three at leaſt originate in the pain and difficulty of cutting teeth; nor will this appear in the ſmalleſt degree ſurpriſing, when we conſider the ſtructure of theſe uſeful and delicate inſtruments. The extremities of the roots, the whole gum, and the thin internal membrane or ſkin which covers the teeth in their hidden ſtate, are furniſhed with various branches of the nervous ſyſtem; ſo that in their enlargement, projection, and forcing through the

gum, these nice and susceptible organs are irritated, torn asunder, and separated; and the general continuation of the nerves from the brain though every part of the body will sufficiently account for the above assertion. Hence follow restlessness, watching, fevers, costiveness, diarrhœa, and even convulsions; and hence proceed indigestion, acidities, wind, griping, nauseous stools, vomitings, loathings, and the whole train of complaints in the stomach and bowels, which in almost every case, are but symptoms of this painful and dangerous operation.

The ordinary appearance of the symptoms of this painful effort of nature is in heat, restlessness, itching of the nose and lips, startings, twitchings, inflamed eyes, and a perpetual drivelling. These are followed by sickness, loathing, griping, wind, with either a violent looseness or the contrary, and frequently terminate in fevers, convulsions, and death.

The first object of our attention should be to prevent if possible the appearance of those symptoms in any dangerous degree; the next to remove them, if they have already appeared, as expeditiously as safety will admit.

If the child is at the breast, the diet of the mother is of the utmost importance to the child; and proper regulations on this head will be found in the foregoing chapter. But if it is already weaned, and has been accustomed to taste animal food, precaution is at this time necessary in the use of it; and light broths, chicken or beef-tea, and palatable slops, are to be preferred to flesh meals of any kind.

Diluting liquors should be plentifully administered: None is more wholesome than sweet milk and water, though balm and other herb teas are held by some in higher estimation. But great care should be taken that neither the food or drink of the child be given too warm. The extreme tenderness of the mouth and gums will not admit of the additional pain which neglect in attending to this regulation must inevitably occasion.

Of

Of all the miſtakes into which ignorance has betrayed the attendants on children, ſcarce any has been more prejudical than the almoſt univerſal cuſtom of rubbing their gums with hard ſubſtances, or permitting them to carry coral, glaſs, or other impenetrable weapons, for that purpoſe. As the progreſs of the teeth excites heat and itching, the child is diſpoſed to apply whatever comes within its reach to allay theſe diſagreeable ſenſations, it ſhould therefore be furniſhed with the means of procuring preſent eaſe without obtaining it at the expence of future injury: whatever will receive an impreſſion with eaſe, without breaking or crumbling, is the fitteſt for this purpoſe; and perhaps nothing better can be found than a cruſt of ſtale bread or a ſtick of freſh liquorice, which may be frequently offered or put into its hand.

The teeth generally preſent themſelves in the following order: firſt the fore-teeth, the appearance of which, as well as all the others, is frequently foretold by a ſmall white circle ſurrounding that part of the gum, denoting the ſize of the approaching tooth; next the dog-teeth break through; and laſt of all the grinders make up the ſet of what are called the milk-teeth, and is generally completed in the ſecond year. Children begin to ſhed theſe milk-teeth about ſeven years old, and new ones ſucceed; and at the age of maturity, commonly about the twentieth year, thoſe which are called the teeth of wiſdom make their appearance. But the particular ages here pointed out are not to be conſidered as the certain times of cutting teeth, which vary according to the health and vigour of the child, and depend on many different circumſtances.

The difficulties and dangers attending the cutting of teeth may be frequently obviated and in moſt caſes conſiderably leſſened, and the diſeaſes and ſymptoms which occur in the courſe of it in a great meaſure removed, by attending to a few plain and general rules, adapted to almoſt every caſe which offers

offers at this critical juncture of the child's exiſtence.

To keep the body open by cooling and correcting medicines; to guard againſt violent looſe neſſesby a proper change of phyſic; to ſupply the want of immediate operation by gentle cliſters or vomits; and to regulate the food by the directions already given; are the great lines which lead to preſerve health and life in this moment of impending danger. For theſe purpoſes rhubarb and magneſia in caſe of coſtiveneſs, and prepared crabs-eyes if too great a degree of looſeneſs is apprehended, may be adminiſtered with ſafety and almoſt conſtant ſucceſs. The cliſter may be of the following compoſition.

From two to four ounces of milk and water, or thin chicken or mutton broth—from half a table-ſpoonful to a whole one of common ſalt—the like quantity of coarſe ſugar—and the like quantity of ſweet oil.

Adapting the quantity to the age of the child. And if emetics are neceſſary, the powder of ipecacuanha may be taken in the manner and proportions already deſcribed. But there are caſes of emergency which require different treatment. Where the efforts of nature are inſufficient to burſt the gum, and alarming ſymptoms of inflammation or convulſion begin to appear, the lancet ſhould be applied, and the labouring tooth helped into the world by the tender hand of the operator, which we muſt in every caſe prefer to the cruel mangling of the nail, or the violent compreſſion of a blunt and edgeleſs inſtrument. Bleeding is undoubtedly neceſſary to remove a high fever and violent inflammation. But the blood of children ſhould be drawn ſparingly.

In fevers conſequential to breeding or cutting teeth four or five drops or more, according to the age of the patient, of ſpirits of hartſhorn in a ſpoonful of water, has been preſcribed under authorities too reſpectable to admit of a doubt. This medicine is to be repeated four, five, or ſix times, at the diſtance of four or ſix hours, as emergency requires; and the addition

dition of two, three, four, or five drops, of laudanum is ſtrenuouſly recommended by ſome modern practitioners.

We ſhall conclude this article with ſuggeſting a few external applications, on the efficacy of which we cannot place great confidence, yet as they are perfectly harmleſs in themſelves, no inconvenience can attend the uſe of them.

Doſſils or pledgets of lint or cotton, dipped in warm oil of almonds, and applied to the gums every hour or two till the tooth appears.

A decoction of the head of a ripe poppy uſed in the ſame manner.

Pure honey rubbed lightly on the gum with the finger or a linen rag.

But medicine, operations, and external applications, will in moſt caſes be rendered needleſs by regimen and management; for a healthy habit and proper temperature of body are the beſt preſervatives againſt thoſe tedious, dangerous, and fatal ſymptoms, which for want of due regard to theſe eſſential articles are too often attendant on the breeding and cutting of teeth.

The next diſeaſe of which we mean to treat, and to which children are moſt liable at and after teething, is occaſioned by worms; which, whether they generate in the ſtomach, or are conveyed into it with the aliment, both which opinions have been maintained, are productive of ſymptoms diſagreeable, loathſome, and dangerous; and when theſe troubleſome invaders are permitted to acquire power in ſtrength or numbers, they maintain their poſts with ſuch indefatigable induſtry that it is difficult to expel them.

A pale and yellow complexion, weakneſs, a hard and ſwelled belly, the conſequence of a coſtive habit, wind in the ſtomach and bowels, gripings, ſour and fetid ſtools, continual thirſt, an uncertain but frequently ravenous appetite, itching of the noſe and lips, ſlavering, offenſive breath, diſturbed ſleep, heavineſs, profuſe and cold ſweats, fainting fits, and at laſt paralytic

ralytic and epileptic ſeizures, with a great variety of other complaints almoſt impoſſible to enumerate, but being always accompanied with one or other of the foregoing, may be underſtood to indicate worms. Reaſon as well as experience teaches us, that unripe or rotten fruits, crude, hard, and indigeſtible traſh, great quantities of raw ſallads, cheeſe, and moſt kinds of confectionary, though they may not produce worms immediately, are moſt likely to encourage their growth and increaſe.

But from whatever cauſe they proceed, the neceſſity of deſtroying or bringing them off and preventing their breeding again is obvious. The former can only be effected by a frequent and judicious uſe of purgatives, and the latter by ſuch bitters as are beſt calculated to ſtrengthen the ſtomach, and act offenſively againſt its intruding inhabitants. Of the former the following perſcription has been highly and deſervedly eſteemed.

Four grains of jalap—five grains of powdered rhubarb—from one to two grains of calomel—a table-ſpoonful of black currant ſyrup.

This doſe is ſufficient for a child of five or ſix years old, taken every fourth morning faſting, till it has been repeated ſix or eight times, taking care to keep the patient from the air, cold water, and damp linen, on the days this medicine is taken. But on the days the above is omitted, let the child take ten grains of Ethiop's mineral in a tea-ſpoonful of currant jelly, or rather in the like quantity of lenitive electuary, if it can ſwallow it.

As a common drink, except on the particular purging days, when warm ground-ivy or ſpruce beer may be ſubſtituted, we would recommend lime water and milk in equal quantities, or the following decoction as a diet drink.

Take a handful of each of the following herbs: porcelain, tanſy, wormwood, plantain, St. John's wort, and the leſſer centaury—half an ounce of orange-peel—three drams of the gentian root ſliced

ſliced—one pound of raiſins ſtoned—one ounce of dried figs ſliced or bruiſed.

Add two gallons of water to theſe ingredients, and boil the whole half an hour, or let them infuſe twelve hours in a moderate heat. This draught may be diluted for weaker ſtomachs, or made palatable by adding a ſmall quantity of generous white wine. If there is any objection to calomel, the following purging potion may be ſubſtituted.

Two ſcruples of powdered rhubarb—one dram of ſenna leaves picked from the ſtem—half a dram of the ſeed of St. John's wort—thyme and ſavory dried, a handful of each.

Infuſe and boil the above in a pint of water till it is reduced to half the quantity, wherein diſſolve,

Three drams of Rochelle ſalts—three drams of fine manna.

Divide into two doſes, and give them at the diſtance of three or four days, repeating them as often as neceſſary.

Cliſters of fat broth, oil, and coarſe ſugar, have been found of great ſervice in bringing off the ſmall white worm from the gut or fundament, and allaying the heat and itching occaſioned by the irritating motion of thoſe buſy tormentors. And ſulphur taken in conſiderable quantities, in proportion to the age and conſtitution of the patient, either in any liquid, ſyrup, or jelly of fruit, has been adminiſtered with effect.

After the uſe of medicine has deſtroyed or expelled theſe diſagreeable intruders, a twofold care remains to ſtrengthen the ſtomach and bowels, weakened by various ſymptoms produced by continued irritation, and to guard againſt the dangers of a return, which will moſt probably happen, if no precautions are taken to prevent the worm from breeding again. To anſwer both theſe purpoſes the Peruvian bark may be almoſt certainly relied on, and from a ſcruple to half a dram of the powder in a glaſs of claret or Port wine may be taken twice a day at leaſt. If to this medicine the diet drink or decoction of bitter herbs be added,

either as the common drink or in regular draughts, and the uſe of both continued for a few weeks, the patient's health, we have great reaſon to believe, will ſpeedily acquire a perfect re-eſtabliſhment.

Scrophulous ulcers have obtained the name of the king's evil, from pretended cures ſaid to have been effected by the royal touch, from the reign of Edward the Confeſſor, whoſe reputed piety gave credit to this ſuperſtitious practice, which was continued with ſome interruptions to the laſt reign of the Stuarts; and the efficacy of this magical operation was ſo firmly rooted in the opinions of all ranks of men, that a form of prayer, or what might with much more propriety be ſtyled an incantation, was actually added to the Liturgy of the church of England after the reformation, and to be uſed on theſe occaſions. Nor is this the only ſpecies of ſuperſtition that has prevailed in attempts to remove the baneful effects of this diſtemper, ſeventh ſons, and perſons whoſe entrance into the world has been marked with uncommon circumſtances, have been ſuppoſed to poſſeſs the powers of healing in ſo wonderful a degree, that a diſeaſe often conſtitutional and always obſtinate in cure, would yield at once to the virtues communicated by the ſlighteſt impreſſions of thoſe hallowed phyſicians of chance.

We have claſſed the king's evil among the diſeaſes incident to childhood and youth, becauſe inſtances of its ſeizing grown perſons ſo ſeldom occur, that whenever we diſcover any ſymptoms of it in ſuch ſubjects, we are apt to conceive that we are deceived by appearances, and led to miſtake the effects of inveterate ſcurvy or ſome ſuch other diſorder for that which we are now ſpeaking of. At preſent this diſeaſe may be ſuppoſed to originate in the conſtitutions of the parents, and to be inherited from them at the birth; or it may ariſe from natural cauſes conſpiring with accidents occaſioned by a deficiency in air, exerciſe, cleanlineſs, or attendance in the ſtate of infancy. Beſides theſe cauſes there are others from which it

may

may probably proceed; such as eruptive disorders, outward bruises, sprains, strictures occasioned by tight lacing, or even gartering, constant leaning ont he breast and stomach, or any unnatural position of those particular parts of the body; to which we may add bad air, unwholesome or improper food, and whatever tends to corruption or relaxation.

Children of full and florid complexions are most liable to the attacks of the king's evil, the first symptoms of which are, tumours or swellings in the glands. These swellings in the glands sometimes appear first in small warty knobs, and in general from immediately behind the ear downward to the neck, and as they become large or numerous, constitute one considerable swelling, which is sometimes fixed and sometimes moveable; occasions but little pain or inflammation; takes different shapes according to the figure of the gland, and is brought to superate or ripen with great difficulty; but when that happens, it either bursts of itself or is opened with a knife or lancet, and discharges only a thin matter, with very frequently streaks of blood. But these swellings are not confined to the glands under the ear or in the neck alone, they are to be found exactly of the same appearance in various other glandular parts of the body, such as the arm-pits, groin, ancles, nay even the hands, feet, and toes. Swellings in the breasts, and those in the knees, which are commonly called white swellings, are probably the same kind. Nor are these the only symptoms by which this disease is distinguished; swelled and cracked lips, nose, and cheeks, sore eyes, with a sharp and acrid discharge, occasioning rawness and violent inflammation, dry crusts or scabs on the elbows and other joints, with a caries or rottenness in the bones, particularly at the heads of the joints, the consequences of the dissolution of the marrow by this penetrating humour, are common attendants on this disorder. Since poverty of blood and relaxed fibres are often the causes of scrophulous complaints, so the regimen to be observed should be

calculated to ſtrengthen and correct. For this purpoſe the food ſhould be ſufficiently nouriſhing, but light, eaſily digeſted, and rather of a drying nature; white meats, poultry and mutton, boiled or roaſted, are to be preferred, but rather the latter; vegetables ſhould be moderately uſed; and biſcuits, raiſins, dried figs, and other fruits preſerved by the ſun, without ſugar, are recommended; that ſort of bread which is made with the leaſt quantity of yeaſt, leaven, or other fermented matter, is the moſt adviſeable; and for common drink, any kind of well concocted malt liquor, or white wine and water; but water alone ſhould never be admitted.

A pure air, and exerciſe on horſeback where the ſtrength of the patient can ſupport it, will be uſeful in every caſe; and, indeed, all means of cure muſt prove ineffectual if theſe eſſential articles are omitted. A diſeaſe which in ſome inſtances actually originates for want of exerciſe, will ſeldom or ever be removed in the courſe of a ſedentary employment or inactive life.

Peruvian bark has been juſtly recommended as one of the beſt medicines that can be adminiſtered in this diſorder; and from ten to thirty grains of it may be taken in claret or port wine twice or thrice a day; and lime, prepared from oyſter-ſhells calcined or burnt, mixed with a ſmall quantity of port or Madeira wine, may be uſed as the common drink.

As we do not approve of a multitude of medicines, the following powder and diet drink are only mentioned as the approved preſcriptions of phyſicians whoſe practice and writings have been deſervedly held in the higheſt eſtimation.

Three drams of ſteel prepared with ſulphur—three drams of powdered rhubarb—one ounce of Winter's bark—half an ounce of ſalt of wormwood—two ounces of fineſt ſugar.

Mix them in a mortar to a fine powder, and give the weight of a dram once in twenty four hours.—For the diet drink take

Three

Three pounds of lime water prepared from oyſter-ſhells calcined or burnt—one ounce of ſarſaparilla cut and bruiſed—half an ounce of China root—three drams of ſaſſafras wood—half an ounce of liquorice root ſliced—four ounces of ſun raiſins ſtoned and bruiſed.

Infuſe twenty-four hours in a gentle heat, and ſtrain it off for uſe. A ſmall tea-cupful of this may be taken twice a day: In the morning faſting; and in the afternoon, an hour after and before eating at leaſt.

But of all the remedies that have ever been ſuggeſted for the removal of this tedious and painful diſeaſe, we are inclined to believe that none has ever been found more effectual, than ſea-bathing; to which if we add the internal uſe of the ſea water in ſuch quantities only as will ſerve to keep the body open; and if the ſores and ulcers are carefully waſhed with the ſame water, or rather with the froth which riſes on every wave as it beats on the ſhore, and attention be paid to the other regulations of exerciſe and diet, higher expectations may be formed of obtaining a cure, than from the almoſt voluminous preſcriptions and receipts, which not only fill the works of the learned, but are handed down in moſt families as approved ſpecifics for a diſorder which has hardly ever been eradicated by the aſſiſtance of any of them.

The hydrocephalus, or dropſy in the head, is of two kinds: one of which is external, the water being ſeated between the ſkin and the ſkull; the other internal, the water gathering within the ſkull, and immediately upon the brain. This melancholy and almoſt hopeleſs diſeaſe, which ſeldom ſhows itſelf but in the ſtate of childhood, is often occaſioned by blows and bruiſes received in the frequent falls which children are liable to, and may ſerve as a leſſon againſt that fatal indifference with which they are too often entruſted to the care of thoſe who are unable, or from indolence or inattention, unwilling to watch their tottering ſteps and guard them againſt the dreadful

conſequences

conſequences of ſuch external injuries; for though this diſeaſe may be attributed to other cauſes, ſuch as weakneſs or relaxation, a natural diſpoſition in the brain to ſeparate and produce a larger quantity of that whey-like matter, called the ſerum of the blood, or from a defect or deficiency in the ſecretion or ſeparation of the urine, yet we think ourſelves fully juſtified in aſſerting, that it much more commonly ariſes from acts of careleſſneſs and diſregard to the accidents above deſcribed.

The general ſymptoms of the dropſy in the head, are, pains in the neck, ſhoulders, extremities, and ſometimes, though not often, in the arms; uneaſineſs in the head and ſtomach, and many other complaints ſo very ſimilar to thoſe diſorders occaſioned by worms, that it is frequently difficult to diſtinguiſh it. As the diſeaſe gains ground, the ſymptoms become more alarming; a violent pain in the fore part of the head, extending from one temple to the other, ſickneſs of the ſtomach, drowſineſs and wearineſs, are ſucceeded by an irregular and languid pulſe, extreme difficulty of breathing, violent heat, and other ſymptoms of fever; and in the laſt ſtages the light and every motion become diſagreeable, and a quick pulſe, a certain degree of delirium, and either a lethargic inſenſibility or convulſion completes the ſad cataſtrophe.

The cure of this diſeaſe in any ſtage of it is extremely doubtful. The reſemblance it bears to worm diſorders has induced many perſons to adminiſter the remedies preſcribed in thoſe caſes; and as there is a poſſibility of miſtake, and theſe medicines cannot be productive of injury, a trial of them may be extremely proper. All attempts to diſcharge the water by opening theſe tumours will occaſion almoſt inſtant death.

The ſcabbed head is the moſt offenſive and loathſome diſeaſe to which children are ſubject, and may in general be attributed to want of cleanlineſs and unwholeſome and improper food. This diſorder appears

pears firſt in pimples or hard lumps, the tops of which burſting a thin acrid humour iſſues which ſoon creates a ſcurf or cruſt over the ſurface, whilſt the ſharp matter beneath eats and corrodes, forming at length one continued ſore over the whole head.

Iſſues and ſetons have been recommended, and are undoubtedly of utility in very obſtinate caſes. But the progreſs of the diſeaſe may generally be prevented and the cure effected by keeping the head perfectly clean with a waſh of Caſtile ſoap and warm water, giving at the ſame time Ethiop's mineral and ſenna tea at intervals, as preſcribed in diſorders occaſioned by worms, and by a ſlight regulation of the diet.

OF THE SMALL-POX.

THIS diſeaſe, which originally came from Arabia, is now become ſo general, that very few eſcape it at one time of life or another. It is a moſt contagious malady; and has for many years proved the ſcourge of Europe.

The ſmall-pox generally appear towards the ſpring. They are very frequent in ſummer, leſs ſo in autumn, and leaſt of all in winter. Children are moſt liable to this diſeaſe; and thoſe whoſe food is unwholeſome, who want proper exerciſe, and abound with groſs humours, run the greateſt hazard from it.

The diſeaſe is diſtinguiſhed into the diſtinct and confluent kind; the latter of which is always attended with danger. There are likewiſe other diſtinctions of the ſmall-pox; as the cryſtalline, the bloody, &c.

The ſmall-pox is commonly caught by infection.—Since the diſeaſe was firſt brought into Europe, the infection has never been wholly extinguiſhed, nor have any proper methods, as far as we know, been taken for that purpoſe; ſo that now it has become in a manner conſtitutional. Children who have over heated

heated themſelves by running, wreſtling, &c. or adults after a debauch, are moſt apt to be ſeized with the ſmall-pox.

This diſeaſe is ſo generally known, that a minute deſcription of it is unneceſſary. Children commonly look a little dull, ſeem liſtleſs and drowſy for a few days before the more violent ſymptoms of the ſmall-pox appear. They are likewiſe more inclined to drink than uſual, have little appetite for ſolid food, complain of wearineſs, and, upon taking exerciſe, are apt to ſweat. Theſe are ſucceeded by ſlight fits of cold and heat in turns, which, as the time of the eruption approaches, become more violent, and are accompanied with pains of the head and loins, vomiting, &c. The pulſe is quick, with a great heat of the ſkin, and reſtleſſneſs. When the patient drops aſleep, he wakes in a kind of horror, with a ſudden ſtart, which is a very common ſymptom of the approaching eruption; as are alſo convulſion-fits in very young children.

About the third or fourth day from the time of ſickening, the ſmall-pox generally begin to appear; ſometimes indeed they appear ſooner, but that is no favourable ſymptom. At firſt they very nearly reſemble flea-bites, and are ſooneſt diſcovered on the face, arms, and breaſt.

The moſt favourable ſymptoms are a ſlow eruption, and an abatement of the fever as ſoon as the puſtules appear. In a mild diſtinct kind of ſmall-pox the puſtules ſeldom appear before the fourth day from the time of ſickening, and they generally keep coming out gradually for ſeveral days after. Puſtules which are diſtinct, with a florid red baſis, and which fill with a thick purulent matter, firſt of a whitiſh, and afterwards of a yellowiſh colour, are the beſt.

A livid brown colour of the puſtules is an unfavourable ſymptom; as alſo when they are ſmall and flat, with black ſpecks in the middle. Puſtules which contain a thin watery ichor are very bad. A great

great number of pox on the face is always attended with danger. It is likewiſe a very bad ſign when they run into one another.

It is a moſt unfavourable ſymptom when petechiæ, or purple, brown, or black ſpots, are mixed among the puſtules. Theſe are ſigns of a putrid diſſolution of the blood, and ſhew the danger to be very great. Bloody ſtools or urine, with a ſwelled belly, are bad ſymptoms; as is alſo a continual ſtrangury. Pale urine and a violent throbbing of the arteries of the neck are ſigns of an approaching delirium, or of convulſion-fits. When the face does not ſwell, or falls before the pox come to maturity, it is very unfavourable. If the face begins to fall about the eleventh or twelfth day, and at the ſame time the hands and feet begin to ſwell, the patient generally does well; but when theſe do not ſucceed to each other, there is reaſon to apprehend danger. When the tongue is covered with a brown cruſt, it is an unfavourable ſymptom. Cold ſhivering fits coming on at the height of the diſeaſe are likewiſe unfavourable. Grinding of the teeth, when it proceeds from an affection of the nervous ſyſtem, is a bad ſign; but ſometimes it is occaſioned by worms or a diſordered ſtomach.

When the firſt ſymptoms of the ſmall-pox appear, people are ready to be alarmed, and often fly to the uſe of medicine, to the great danger of the patient's life. I have known children, to appeaſe the anxiety of their parents, bled, bliſtered, and purged, during the fever which preceded the eruption of the ſmall-pox, to ſuch a degree, that Nature was not only diſturbed in her operation, but rendered unable to ſupport the puſtules after they were out; ſo that the patient, exhauſted by mere evacuations, ſunk under the diſeaſe.

When convulſions appear, they give a dreadful alarm. Immediately ſome noſtrum is applied, as if this were a primary diſeaſe; whereas it is only a ſymptom, and far from being an unfavourable one,

of the approaching eruption. As the fit generally goes off before the actual appearance of the ſmall-pox, it is attributed to the medicine, which by this means acquires a reputation without any merit.

All that is, generally ſpeaking, neceſſary during the eruptive fever, is to keep the patient cool and eaſy, allowing him to drink freely of ſome weak diluting liquors; as balm-tea, barley-water, clear whey, gruels, &c. He ſhould not be confined to bed, but ſhould ſit up as much as he is able, and ſhould have his feet and legs frequently bathed in lukewarm water. His food ought to be very light; and he ſhould be as little diſturbed with company as poſſible.

Much miſchief is done at this period by confining the patient too ſoon to his bed, and plying him with warm cordials or ſudorific medicines. Every thing that heats and inflames the blood increaſes the fever, and puſhes out the puſtules prematurely. This has numberleſs ill effects. It not only increaſes the numbers of puſtules, but likewiſe tends to make them run into one another; and when they have been puſhed out with too great violence, they generally fall in before they come to maturity.

The good women, as ſoon as they ſee the ſmall-pox begin to appear, commonly ply their tender charge with cordials, ſaffron, and marigold-teas, wine, punch, and even brandy itſelf. All theſe are given with a view, as they term it, to throw out the eruption from the heart. This, like moſt other popular miſtakes, is the abuſe of a very juſt obſervation, *that when there is a moiſture on the ſkin, the pox riſe better, and the patient is eaſier, than when it continues dry and parched.* But that is no reaſon for forcing the patient into a ſweat. Sweating never relieves, unleſs where it comes ſpontaneouſly, or is the effect of drinking weak diluting liquors.

Children are often ſo peeviſh, that they will not lie a-bed witout a nurſe conſtantly by them. Indulging them in this, we have reaſon to believe, has many bad

bad effects both upon the nurſe and child. Even the natural heat of the nurſe cannot fail to augment the fever of the child; but if ſhe too proves feveriſh, which is often the caſe, the danger muſt be increaſed.

Laying ſeveral children who have the ſmall-pox in the ſame bed has many ill conſequences. They ought if poſſible never to be in the ſame chamber, as the perſpiration, the heat, the ſmell, &c. all tend to augment the fever, and to heighten the diſeaſe. It is common among the poor to ſee two or three children lying in the ſame bed, with ſuch a load of puſtules that even their ſkins ſtick together. One can hardly view a ſcene of this kind without being ſickened by the ſight. But how muſt the effluvia affect the poor patients, many of whom periſh by this uſage.

A very dirty cuſtom prevails among the lower claſs of people, of allowing children in the ſmall-pox to keep on the ſame linen during the whole period of that loathſome diſeaſe. This is done leſt they ſhould catch cold; but it has many ill conſequences. The linen becomes hard by the moiſture which it abſorbs, and frets the tender ſkin. It likewiſe occaſions a bad ſmell, which is very pernicious both to the patient and thoſe about him; beſides, the filth and ſordes which adhere to the linen being reſorbed, or taken up again into the body, greatly augment the diſeaſe.

A patient ſhould not be ſuffered to be dirty in an internal diſeaſe, far leſs in the ſmall-pox. Cutaneous diſorders are often occaſioned by naſtineſs alone, and are always increaſed by it. Were the patient's linen to be changed every day, it would greatly refreſh him. Care indeed is to be taken that the linen be thoroughly dry. It ought likewiſe to be put on when the patient is moſt cool.

So ſtrong is the vulgar prejudice in this country, notwithſtanding all that has been ſaid againſt the hot regimen in the ſmall-pox, that numbers ſtill fall a ſacrifice to that error. I have ſeen poor women

travelling in the depth of winter, and carrying their children along with them in the ſmall-pox, and have frequently obſerved others begging by the way-ſide with infants in their arms covered with the puſtules; yet I could never learn that one of theſe children died by this ſort of treatment. This is certainly a ſufficient proof of the ſafety, at leaſt, of expoſing patients in the ſmall-pox to the open air. There can be no reaſon however for expoſing them to public view. It is now very common in the environs of great towns to meet patients in the ſmall-pox on the public walks. This practice, however well it may ſuit the purpoſes of boaſting inoculators, is dangerous to the citizens, and contrary to the laws of humanity and ſound policy.

The food in this diſeaſe ought to be very light, and of a cooling nature, as panado, or bread boiled with equal quantities of milk and water, good apples roaſted or boiled with milk, and ſweetened with a little ſugar, or ſuch like.

The drink may be equal parts of milk and water, clear ſweet whey, barley-water, or thin gruel, &c. After the pox are full, butter-milk, being of an opening and cleanſing nature, is a very proper drink.

This diſeaſe is generally divided into four different periods, viz. the fever which precedes the eruption, the eruption itſelf, the ſuppuration or maturation of the puſtules, and the ſecondary fever.

It has been already obſerved, that little more is neceſſary during the primary fever than to keep the patient cool and quiet, allowing him to drink diluting liquors, and bathing his feet frequently in warm water. Though this be generally the ſafeſt courſe that can be taken with infants, yet adults, of a ſtrong conſtitution and plethoric habit, ſometimes require bleeding. When a full pulſe, a dry ſkin, and other ſymptoms of inflammation, render this operation neceſſary, it ought to be performed; but, unleſs theſe ſymptoms are urgent, it is ſafer to let it alone; if the body is bound, emolient clyſters may be thrown in.

If

If there is a great naufea or inclination to vomit, weak camomile tea or lukewarm water may be drank, in order to cleanfe the ftomach. At the beginning of a fever, nature generally attempts a difcharge, either upwards or downwards, which, if promoted by gentle means, would tend greatly to abate the violence of the difeafe.

Though every method is to be taken during the primary fever, by a cool regimen, &c. to prevent too great an eruption; yet after the puftules have made their appearance, our bufinefs is to promote the fuppuration, by diluting drink, light food, and, if nature feems to flag, by generous cordials. When a low creeping pulfe, faintifhnefs, and great lofs of ftrength, render cordials neceffary, we would recommend good wine, which may be made into negus, with an equal quantity of water, and fharpened with the juice of orange, the jelly of currants, or the like. Wine-why, fharpened as above, is likewife a proper drink in this cafe; great care however muft be taken not to over-heat the patient by any of thefe things. This, inftead of promoting, would retard the eruption.

The rifing of the fmall-pox is often prevented by the violence of the fever; in this cafe the cool regimen is ftrictly to be obferved. The patient's chamber muft not only be kept cool, but he ought likewife frequently to be taken out of bed, and to be lightly covered with clothes while in it.

Exceffive reftleffnefs often prevents the rifing and filling of the fmall-pox. When this happens, gentle opiates are neceffary. Thefe however ought always to be adminiftered with a fparing hand. To an infant, a tea-fpoonful of the fyrup of poppies may be given every five or fix hours till it has the defired effect. An adult will require a table-fpoonful in order to anfwer the fame purpofe.

If the patient be troubled with a ftrangury, or fuppreffion of urine, which often happens in the fmall-pox, he fhould be frequently taken out of bed, and, if

if he be able, ſhould walk acroſs the room with his feet bare. When he cannot do this, he may be frequently ſet on his knees in bed, and ſhould endeavour to paſs his urine as often as he can. When theſe do not ſucceed, a tea-ſpoonful of the ſweet ſpirits of nitre may be occaſionally mixt with his drink. Nothing more certainly relieves the patient, or is more beneficial in the ſmall-pox, than a plentiful diſcharge of urine.

If the mouth be foul, and the tongue dry and chapped, it ought frequently to be waſhed, and the throat gargled with water and honey, ſharpened with a little vinegar or currant jelly.

During the riſing of the ſmall-pox, it frequently happens that the patient is eight or ten days without a ſtool. This not only tends to heat and inflame the blood, but the fæces, by lodging ſo long in the body, become acrid, and even putrid, from whence bad conſequences muſt enſue. It will therefore be proper, when the body is bound, to throw an emolient clyſter every ſecond or third day through the whole courſe of the diſeaſe. This will greatly cool and relieve the patient.

When petechiæ, or purple, black, or livid ſpots, appear among the ſmall-pox, the Peruvian bark muſt immediately be adminiſtered in as large doſes as the patient's ſtomach can bear. For a child, two drams of the bark in powder may be mixed with three ounces of common water, one ounce of ſimple cinnamon water, and two ounces of the ſyrup of orange or lemon. This may be ſharpened with the ſpirits of vitriol, and a table-ſpoonful of it given every hour. If it be given to an adult in the ſame form, he may take at leaſt three or four ſpoonfuls every hour. This medicine ought not to be trifled with, but muſt be adminiſtered as frequently as the ſtomach can bear it; in which caſe it will often produce very happy effects. I have frequently ſeen the petechiæ diſappear, and the ſmall-pox, which had a very threaten-

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ing aſpect, riſe and fill with laudable matter, by the uſe of the bark and acids.

The patient's drink ought likewiſe in this caſe to be generous, as wine or ſtrong negus acidulated with ſpirits of vitriol, vinegar, the juice of lemon, jelly of currants, or ſuch like. His food muſt conſiſt of apples, roaſted or boiled, preſerved cherries, plums, and other fruits of an acid nature.

The bark and acids are not only neceſſary when the petechiæ or putrid ſymptoms appear, but likewiſe in the lymphatic or cryſtalline ſmall-pox, where the matter is thin, and not duly prepared. The Peruvian bark ſeems to poſſeſs a ſingular power of aſſiſting nature in preparing laudable pus, or what is called good matter; conſequently it muſt be beneficial both in this and other diſeaſes, where the criſis depends on a ſuppuration. I have often obſerved where the ſmall-pox were flat, and the matter contained in them quite clear and tranſparent, and where at firſt they had the appearance of running one into another, that the Peruvian bark acidulated as above, changed the colour and conſiſtence of the matter, and produced the moſt happy effects.

When the eruption ſubſides ſuddenly, or, as the good women term it, when the ſmall-pox ſtrike in, before they have arrived at maturity, the danger is very great. In this caſe the bliſtering-plaſters muſt be immediately applied to the wriſts and ancles, and the patient's ſpirits ſupported with cordials.

Sometimes bleeding has a ſurprizing effect in raiſing the puſtules after they have ſubſided; but it requires ſkill to know when this is proper, or to what length the patient can bear it. Sharp cataplaſms however may be applied to the feet and hands, as they tend to promote the ſwelling of theſe parts, and by that means to draw the humours towards the extremities.

The moſt dangerous period of this diſeaſe is what we call the ſecondary fever. This generally comes on when the ſmall-pox begin to blacken, or turn on the

the face; and moſt of thoſe who die of the ſmall-pox are carried off by this fever,

Nature generally attempts, at the turn of the ſmall-pox, to relieve the patient by looſe ſtools. Her endeavours this way are by no means to be counteracted, but promoted, and the patient at the ſame time ſupported by food and drink of a nouriſhing and cordial nature.

If at the approach of the ſecondary fever, the pulſe be very quick, hard, and ſtrong, the heat intenſe, and the breathing laborious, with other ſymptoms of an inflammation of the breaſt, the patient muſt immediately be bled. The quantity of blood to be let muſt be regulated by the patient's ſtrength, age, and the urgency of the ſymptoms.

But in the ſecondary fever, if the patient be faintiſh, the puſtules become ſuddenly pale, and if there be great coldneſs of the extremities, bliſtering plaſters muſt be applied, and the patient muſt be ſupported with generous cordials. Wine and even ſpirits have ſometimes been given in ſuch caſes with amazing ſucceſs.

As the ſecondary fever is in a great meaſure, if not wholly, owing to the abſorption of the matter, it would ſeem highly conſonant to reaſon, that the puſtules, as ſoon as they come to maturity, ſhould be opened. This is every day practiſed in other phlegmons which tend to ſuppuration; and there ſeems to be no cauſe why it ſhould be leſs proper here. On the contrary, we have reaſon to believe that by this means the ſecondary fever might always be leſſened, and often wholly prevented.

The puſtules ſhould be opened when they begin to turn of a yellow colour. Very little art is neceſſary for this operation. They may either be opened with a lancet or a needle, and the matter abſorbed by a little dry lint. As the puſtules are generally firſt ripe on the face, it will be proper to begin with opening theſe, and the others in courſe, as they become ripe. The puſtules generally fill again, a ſecond or even a third

third time; for which cauſe the operation muſt be repeated, or rather continued as long as there is any conſiderable appearance of matter in the puſtules.

We have reaſon to believe that this operation, rational as it is, has been neglected from a piece of miſtaken tenderneſs in parents. They believe that it muſt give great pain to the poor child; and therefore would rather ſee it die than have it thus tortured. This notion, however, is entirely without foundation. I have frequently opened the puſtules when the patient did not ſee me, without his being in the leaſt ſenſible of it; but ſuppoſe it were attended with a little pain, that is nothing in compariſon to the advantages which ariſe from it.

Opening the puſtules not only prevents the reſorbtion of the matter into the blood, but likewiſe takes off the tention of the ſkin, and by that means greatly relieves the patient. It likewiſe tends to prevent the pitting, which is a matter of no ſmall importance. Acrid matter, by lodging long in the puſtules, cannot fail to corrode the tender ſkin; by which many a handſome face becomes ſo deformed as hardly to bear a reſemblance to the human figure.

It is generally neceſſary after the ſmall-pox are gone off, to purge the patient. If however the body has been open through the whole courſe of the diſeaſe, or if butter-milk and other things of an opening nature have been drank freely after the height of the ſmall-pox, purging becomes leſs neceſſary; but it ought never wholly to be neglected.

For very young children, an infuſion of ſenna and prunes, with a little rhubarb, may be ſweetened with coarſe ſugar, and given in ſmall quantities till it operates. Thoſe who are farther advanced in age muſt take medicines of a ſharper nature. For example, a child of five or ſix years of age may take eight or ten grains of fine rhubarb in powder over night, and the ſame quantity of jalap in powder the next morning. This may be wrought off with freſh broth or water gruel,

and may be repeated three or four times, five or ſix days intervening between each doſe. For children further advanced, and adults, the doſe muſt be increaſed in proportion to the age and conſtitution.

When impoſthumes happen after the ſmall-pox, which is not ſeldom the caſe, they muſt be brought to ſuppuration as ſoon as poſſible, by means of ripening poultices; and when they have been opened, or have broke of their own accord, the patient muſt be purged. The Peruvian bark and a milk diet will likewiſe be uſeful in this caſe.

When a cough, a difficulty of breathing, or other ſymptoms of a conſumption, ſucceed to the ſmall-pox, the patient muſt be ſent to a place where the air is good, and put upon a courſe of aſſes milk, with ſuch exerciſe as he can bear. For further directions in this caſe, ſee the article Conſumptions.

OF INOCULATION.

THOUGH no diſeaſe, after it is formed, baffles the powers of medicine more effectually than the ſmall-pox, yet more may be done before hand to render this diſeaſe favourable than any one we know, as almoſt all the danger from it may be prevented by inoculation. This ſalutary invention has been known in Europe above half a century; but, like moſt other uſeful diſcoveries, it has till of late made but ſlow progreſs. It muſt however be acknowledged, to the honour of this country, that inoculation has met with a more favourable reception here, than among any of our neighbours. It is ſtill however far from being general, which we have reaſon to fear will be the caſe as long as the practice continues in the hands of the faculty.

No diſcovery can be of general utility, while the practice of it is kept in the hands of a few. Had the inoculation of the ſmall-pox been introduced as a faſhion, and not as a medical diſcovery, or had it been practiſed by the ſame kind of operators here, as in

in thoſe countries from whence we learned it, it had ong ago been univerſal. The fears, the jealouſies, lhe prejudices, and the oppoſite intereſts, of the faculty, are, and ever will be, the moſt effectual obſtacles to the progreſs of any ſalutary diſcovery. Hence it is that the practice of inoculation never became in any meaſure general, even in England, till taken up by men not bred to phyſic. Theſe have not only rendered the practice more extenſive, but likewiſe more ſafe, and by acting under leſs reſtraint than the regular practitioners, have taught them that the patient's greateſt danger aroſe, not from the want of care, but from the exceſs of it.

They know very little of the matter, who impute the ſucceſs of modern inoculators to any ſuperior ſkill, either in preparing the patient or communicating the diſeaſe. Some of them indeed, from a ſordid deſire of engroſſing the whole practice to themſelves, pretend to have extraordinary ſecrets or noſtrums for preparing perſons for inoculation, which never fail of ſucceſs. But this is only a pretence, calculated to blind the ignorant and inattentive. Common ſenſe and prudence alone are ſufficient both in the choice of the ſubject and management of the operation. Whoever is poſſeſſed of theſe may perform this office for his children whenever he finds it convenient, provided they be in a good ſtate of health.

This ſentiment is not the reſult of theory, but of obſervation. Though few phyſicians have had more opportunities of trying inoculation in all its different forms, ſo little appears to me to depend on thoſe, generally reckoned important circumſtances, of preparing the body, communicating the infection by this or the other method, &c. that for ſeveral years paſt I have perſuaded the parents or nurſes to perform the whole themſelves, and have found that method followed with equal ſucceſs, while it is free from many inconveniences that attend the other.

The ſmall-pox may be communicated in a great variety of ways with nearly the ſame degree of ſafety

and ſucceſs. In Turkey, from whence we learned the practice, the women communicate the diſeaſe to children, by opening a bit of the ſkin with a needle, and putting into the wound a little matter taken from a ripe puſtule. On the coaſt of Barbary, they paſs a thread wet with the matter through the ſkin between the thumb and fore-finger; and in ſome of the ſtates of Barbary, inoculation is performed by rubbing in the variolous matter between the thumb and fore-finger, or on other parts of the body. The practice of communicating the ſmall-pox, by rubbing the variolous matter upon the ſkin, has been long known in many parts of Aſia and Europe as well as in Barbary, and has generally gone by the name of buying the ſmall-pox.

The preſent method of inoculating in Britain is to make two or three ſlanting inciſions in the arm, ſo ſuperficial as not to pierce quite through the ſkin, with a lancet wet with freſh matter taken from a ripe puſtule; afterwards the wounds are cloſed up, and left without any dreſſing. Some make uſe of a lancet covered with the dry matter; but this is leſs certain, and ought never to be uſed unleſs where freſh matter cannot be obtained: when this is the caſe, the matter ought to be moiſtened by holding the lancet for ſome time in the ſteam of warm water.

Indeed if freſh matter be applied long enough to the ſkin, there is no occaſion for any wound at all. Let a bit of thread, about half an inch long, wet with the matter, be immediately applied to the arm, midway between the ſhoulder and the elbow, and covered with a piece of the common ſticking plaſter, and kept on for eight or ten days. This will ſeldom fail to communicate the diſeaſe. We mention this method, becauſe many people are afraid of a wound; and doubtleſs the more eaſily the operation can be performed, it has the greater chance to become general. Some people imagine, that the diſcharge from a wound leſſens the eruption; but there is no great ſtreſs to be laid upon this notion; beſides,

deep

deep wounds often ulcerate, and become troublesome.

We do not find that inoculation is at all considered as a medical operation in those countries from whence we learned it. In Turkey it is performed by the women, and in the East Indies by the Brachmins or priests. In this country the custom is still in its infancy; we make no doubt, however, but it will soon become so familiar, that parents will think no more of inoculating their children, than at present they do of giving them a purge.

No set of men have it so much in their power to render the practice of inoculation general as the clergy, the greatest opposition to it still arising from some scruples of conscience, which they alone can remove. I would recommend it to them not only to endeavour to remove the religious objections which weak minds may have to this salutary practice, but to enjoin it as a duty, and to point out the danger of neglecting to make use of a mean which Providence has put in our power, for saving the lives of our offspring. Surely such parents as wilfully neglect the means of saving their children's lives, are as guilty as those who put them to death. I wish this matter were duly weighed. No one is more ready to make allowance for human weakness and religious prejudices; yet I cannot help recommending it, in the warmest manner, to parents to consider how great an injury they do their children, by neglecting to give them this disease in the early period of life.

The numerous advantages arising from the inoculation of the small-pox have been pretty fully pointed out by the learned Dr. M'Kenzie, in his History of Health. To those mentioned by the Doctor we shall only add, that such as have not had the small-pox in the early period of life are not only rendered unhappy, but likewise in a great measure unfit for sustaining many of the most useful and important offices. Few people would chuse even to hire a servant who had not had the small-

pox,

pox, far leſs to purchaſe a ſlave, who had the chance of dying of this diſeaſe. How could a phyſician or a ſurgeon, who had never had the ſmall-pox himſelf, attend others under that malady? How deplorable is the ſituation of females, who arrive at mature age without having had the ſmall-pox? A woman with child ſeldom ſurvives this diſeaſe: and if an infant happen to be ſeized with the ſmall-pox upon the mother's breaſt, who has not had the diſeaſe herſelf, the ſcene muſt be diſtreſſing! If ſhe continue to ſuckle the child, it is at the peril of her own life; and if ſhe wean it, in all probability it will periſh. How often is the affectionate mother forced to leave her houſe, and abandon her children, at the very time when her care is moſt neceſſary? Yet, ſhould parental affection get the better of her fears, the conſequences would often prove fatal. I have known the tender mother and her ſucking infant laid in the ſame grave, both untimely victims to this dreadful malady. But theſe are ſcenes too ſhocking even to mention. Let parents who run away with their children to avoid the ſmall-pox, or who refuſe to inoculate them in infancy, conſider to what a deplorable ſituations they may be reduced by this miſtaken tenderneſs!

As the ſmall-pox is now become an epidemical diſeaſe in moſt parts of the known world, no other choice remains but to render the malady as mild as poſſible. This is the only manner of extirpation now left in our power; and though it may ſeem parodoxical, the artificial method of communicating the diſeaſe, could it be rendered univerſal, would amount to nearly the ſame thing as rooting it out. It is a matter of ſmall conſequence, whether a diſeaſe be entirely extirpated, or rendered ſo mild as neither to deſtroy life nor hurt the conſtitution; but that this may be done by inoculation, does not now admit of a doubt. The numbers who die under inoculation hardly deſerve to be named. In the natural way,

one

one in four or five generally dies; but by inoculation not one of a thouſand. Nay, ſome can boaſt of having inoculated ten thouſand without the loſs of a ſingle patient.

I have often wiſhed to ſee ſome plan eſtabliſhed for rendering this ſalutary practice univerſal; but am afraid I ſhall never be ſo happy. The difficulties indeed are many; yet the thing is by no means impracticable. The aim is great: no leſs than ſaving the lives of one fourth part of mankind. What ought not to be attempted in order to accompliſh ſo deſirable an end?

The firſt ſtep towards rendering the practice univerſal, muſt be to remove the religious prejudices againſt it. This, as already obſerved, can only be done by the clergy. They muſt not only recommend it as a duty to others, but likewiſe practice it on their own children. Example will ever have more influence than precept.

The next thing requiſite is to put it in the power of all. For this purpoſe we would recommend it to the Faculty to inoculate the children of the poor gratis. It is hard that ſo uſeful a part of mankind ſhould, by their poverty, be excluded from ſuch a benefit.

Should this fail, it is ſurely in the power of any State to render the practice general, at leaſt as far as their dominion extends. We do not mean that it ought to be enforced by a law. The beſt way to promote it would be to employ a ſufficient number of operators at the public expence to inoculate the children of the poor. This would only be neceſſary till the practice became general; afterwards cuſtom, the ſtrongeſt of all laws, would oblige every individual to inoculate his children to prevent reflections.

It may be objected to this ſcheme, that the poor would refuſe to employ the inoculators; this difficulty is eaſily removed. A ſmall premium to enable mothers to attend their children while under the diſeaſe, would

would be a ſufficient inducement; beſides, the ſucceſs attending the operation would ſoon baniſh all objections to it. Even conſiderations of profit would induce the poor to embrace this plan. They often bring up their children to the age of ten or twelve, and when they come to be uſeful, they are ſnatched away by this malady, to the great loſs of their parents, and detriment of the public.

The Britiſh legiſlature has of late years ſhewn great attention to the preſervation of infant-lives, by ſupporting the foundling-hoſpital, &c. But we will venture to ſay, if one tenth-part of the ſums laid out in ſupporting that inſtitution, had been beſtowed towards promoting the practice of inoculation of the ſmall-pox among the poor, that not only more uſeful lives had been ſaved, but the practice, ere now, rendered quite univerſal in this iſland. It is not to be imagined what effect example and a little money will have on the poor; yet, if left to themſelves, they would go on for ever in the old way, without thinking of any improvement. We only mean this as a hint to the humane and public-ſpirited. Should ſuch a ſcheme be approved, a proper plan might eaſily be laid down for the execution of it.

But as public plans are very difficult to bring about, and often, by the ſelfiſh views and miſconduct of thoſe entruſted with the execution of them, fail of anſwering the noble purpoſes for which they were deſigned; we ſhall therefore point out ſome other method by which the benefits of inoculation may be extended to the poor.

There is no doubt but inoculators will daily become more numerous. We would therefore have every pariſh in Britain to allow one of them a ſmall annual ſalary for inoculating all the children of the pariſh at a proper age. This might be done at a very trifling expence, and it would enable every one to enjoy the benefit of this ſalutary invention.

Two

Two things chiefly operate to prevent the progreſs of inoculation. The one is a wiſh to put the evil day as far off as poſſible. This is a principle in our nature; and as inoculation ſeems rather to be anticipating a future evil, it is no wonder mankind are ſo averſe to it. But this objection is ſufficiently anſwered by the ſucceſs. Who in his ſenſes would not prefer a leſſer evil to-day to a greater to-morrow, provided they were equally certain?

The other obſtacle is the fear of reflections. This has a very great weight with the bulk of mankind. Should the child die, they think the world would blame them. This they cannot bear. Here lies the difficulty; and, till that be removed, inoculation will make but ſmall progreſs. Nothing however can remove it but cuſtom. Make the practice faſhionable, and all objections will ſoon vaniſh. It is faſhion alone that has led the multitude ſince the beginning of the world, and will lead them to the end. We muſt therefore call upon the more enlightened part of mankind to ſet a pattern to the reſt. Their example, though it may for ſome time meet with oppoſition, will at length prevail.

I am aware of an objection to this practice from the expence with which it may be attended: this is eaſily obviated. We do not mean that every pariſh ought to employ a Sutton or a Dimſdale as inoculators. Theſe have by their ſucceſs already recommended themſelves to crowned heads, and are beyond the vulgar reach; but have not others an equal chance to ſucceed? They certainly have. Let them make the ſame trial, and the difficulties will ſoon vaniſh. There is not a pariſh, and hardly a village in Britain, deſtitute of ſome perſon who can bleed. But this is a far more difficult operation, and requires both more ſkill and dexterity than inoculation.

The perſons to whom we would chiefly recommend the performance of this operation are the clergy. Moſt of them know ſomething of medi-

cine. Almoſt all of them bleed, and can order a purge, which are all the qualifications neceſſary for the practice of inoculation. The prieſts among the leſs enlightened Indians perform this office, and why ſhould a Chriſtian teacher think himſelf above it? Surely the bodies of men, as well as their ſouls, merit a part of the paſtor's care; at leaſt the greateſt Teacher who ever appeared among men, ſeems to have thought ſo.

Should all other methods fail, we would recommend it to parents to perform the operation themſelves. Let them take any method of communicating the diſeaſe they pleaſe; provided the ſubjects be healthy, and of a proper age, they will ſeldom fail to ſucceed to their wiſh. We have known many inſtances even of mothers performing the operation, and never ſo much as heard of one bad conſequence. A planter in one of the Weſt India iſlands is ſaid to have inoculated, with his own hand, in one year, three hundred of his ſlaves, who, notwithſtanding the warmth of the climate, and other unfavourable circumſtances, all did well. Common mechanics have often, to my knowledge, performed the operation with as good ſucceſs as phyſicians. We do not however mean to diſcourage thoſe who have it in their power, from employing people of ſkill to inoculate their children, and attend them while under the diſeaſe; but only to ſhew, that where ſuch cannot be had, the operation ought not upon that account to be neglected.

Inſtead of multiplying arguments to recommend this practice, ſays Dr. Buchan, I ſhall mention the method which I took with my own ſon, then an only child. After giving him two gentle purges, I ordered the nurſe to take a bit of thread which had been previouſly wet with freſh matter from a pock, and to lay it upon his arm, covering it with a piece of ſticking plaiſter. This remained on ſix or ſeven days, till it was rubbed off by accident. At the uſual time the ſmall-pox made their appearance, and were exceedingly

exceedingly favourable. Surely this, which is all that is generally neceſſary, may be done without any ſkill in medicine.

We have been the more full on this ſubject becauſe the benefits of inoculation cannot be extended to ſociety by any other means than making the practice general. While it is confined to a few, it muſt prove hurtful to the whole. By means of it the contagion is ſpread, and is communicated to many who might otherwiſe never have had the diſeaſe. Accordingly it is found that nearly the ſame number die of the ſmall-pox now as before inoculation was introduced; and this important diſcovery, by which alone more lives might be ſaved than by all the endeavours of the Faculty, is in a great meaſure loſt by its benefits not being extended to the whole community.

The ſpring and autumn have been uſually reckoned the moſt proper ſeaſons for inoculation, on account of the weather being then moſt temperate; but it ought to be conſidered that theſe are generally the moſt unhealthy ſeaſons of the whole year. Undoubtedly the beſt preparation for the diſeaſe is a previous good ſtate of health. We have always obſerved that children in particular are moſt ſickly towards the end of ſpring and autumn than at any other time of the year. On this account, as well as for the advantage of cool air, we would propoſe winter as the moſt proper ſeaſon for inoculation; though, on every other conſideration, the ſpring would ſeem to be preferable.

The moſt proper age for inoculation is between three and five. Many approve of inoculating on the breaſt, and where no circumſtances forbid this practice, we have no objection to it. Children, however, are more liable to convulſions at this time than afterwards; beſides, the anxiety of the mother or nurſe, ſhould the child be in danger, would not fail to heighten it by ſpoiling the milk.

Children who have conſtitutional diſeaſes, muſt nevertheleſs be inoculated. It will often mend the habit of body; but ought to be performed at a time when they are moſt healthy. Accidental diſeaſes ſhould always be removed before inoculation.

It is generally thought neceſſary to regulate the diet for ſome time before the diſeaſe be communicated. In children, however, great alteration in diet is ſeldom neceſſary, their food being commonly of the moſt ſimple and wholeſome kind, as milk, water pap, weak broths, bread, light pudding, mild roots, and white meats.

But children who have been accuſtomed to a richer diet, who are of a groſs habit, or abound with bad humours, ought to be put upon a ſpare diet before they are inoculated. Their food ſhould be of a light cooling nature, and their drink whey, butter-milk, and ſuch like.

We would recommend no other medicinal preparation but two or three mild purges, which ought to be ſuited to the age and ſtrength of the patient. The ſucceſs of inoculators does not depend on the preparation of their patients, but on their management of them while under the diſeaſe. Their conſtant care is to keep them cool, and their bodies gently open, by which means the fever is kept low, and the eruption greatly leſſened. The danger is ſeldom great when the puſtules are few; and their number is generally in proportion to the fever which precedes and attends the eruption. Hence the chief ſecret of inoculation conſiſts in regulating the eruptive fever, which generally may be kept ſufficiently low by the methods mentioned above.

The regimen during the diſeaſe is in all reſpects the ſame as under the natural ſmall-pox. The patient muſt be kept cool, his diet ſhould be light, and his drink weak and diluting, &c. Should any bad ſymptoms appear, which is ſeldom the caſe, they muſt be treated in the ſame way as directed in the natural

natural ſmall-pox. Purging is not leſs neceſſary after the ſmall-pox by inoculation than in the natural way, and ought by no means to be neglected.

OF THE MEASLES.

THE meaſles appeared in Europe about the ſame time with the ſmall-pox, and have a great affinity to that diſeaſe. They both came from the ſame quarter of the world, are both infectious, and ſeldom attack the ſame perſon more than once. The meaſles are moſt common in the ſpring ſeaſon, and generally diſappear in ſummer. The diſeaſe itſelf, when properly managed, ſeldom proves fatal; but its conſequences are often very troubleſome.

This diſeaſe, like the ſmall-pox, proceeds from infection, and is more or leſs dangerous according to the conſtitution of the patient, the ſeaſon of the year, the climate, &c.

The meaſles, like other fevers, are preceded by alternate fits of heat and cold, with ſickneſs and loſs of appetite. The tongue is white, but generally moiſt. There is a ſhort cough, a heavineſs of the head and eyes, drowſineſs, and a running at the noſe. Sometimes indeed the cough does not come before the eruption has appeared. There is an inflammation and heat in the eyes, accompanied with a defluction of ſharp rheum, and great acuteneſs of ſenſation, ſo that they cannot bear the light without pain. The eye-lids frequently ſwell ſo as to occaſion blindneſs. The patient generally complains of his throat; and a vomiting or looſeneſs often precedes the eruption. The ſtools in children are commonly greeniſh; they complain of an itching of the ſkin, and are remarkably peeviſh. Bleeding at the noſe is common, both before and in the progreſs of the diſeaſe.

About

About the fourth day, ſmall ſpots, reſembling flea-bites, appear, firſt upon the face, then upon the breaſt, and afterwards upon the extremities; theſe may be diſtinguiſhed from the ſmall-pox by their ſcarcely riſing above the ſkin. The fever, cough, and difficulty of breathing, inſtead of being removed by the eruption, as in the ſmall-pox, are rather increaſed, but the vomiting generally ceaſes.

About the ſixth or ſeventh day from the time of ſickening, the meaſles begin to turn pale on the face, and afterwards on the body; ſo that by the ninth day they entirely diſappear. The fever, however, and the difficulty of breathing, often continue, eſpecially if the patient has been kept upon too hot a regimen Peteciæ, or purple ſpots, may likewiſe be occaſioned by this error.

A violent looſeneſs ſometimes ſucceeds the meaſles; in which caſe the patient's life is in imminent danger.

Such as die of the meaſles generally expire about the ninth day from the invaſion, and are commonly carried off by a peripneumony, or inflammation of the lungs.

The moſt favourable ſymptoms are, a moderate looſeneſs, a moiſt ſkin, and a plentiful diſcharge of urine.

When the eruption ſuddenly falls in, and the patient is ſeized with a delirium, he is in the greateſt danger. If the meaſles turn too ſoon of a pale colour, it is an unfavourable ſymptom, as are alſo great weakneſs, vomiting, reſtleſſneſs, and difficulty of ſwallowing. Purple or black ſpots appearing among the meaſles are very unfavourable. When a continual cough, with hoarſeneſs, ſucceeds the diſeaſe, there is reaſon to ſuſpect an approaching conſumption of the lungs.

Our buſineſs in this diſeaſe is to aſſiſt nature, by proper cordials, in throwing out the eruption, if her efforts be too languid; but when they are too violent they muſt be reſtrained by evacuations, and cool diluting

diluting liquors, &c. We ought likewiſe to endeavour to appeaſe the moſt urgent ſymptoms, as the cough, reſtleſſneſs, and difficulty of breathing.

The cool regimen is neceſſary here as well as in the ſmall pox. The food too muſt be light, and the drink diluting. Acids, however, do not anſwer ſo well in the meaſles as in the ſmall-pox, as they tend to exaſperate the cough. Small-beer likewiſe, though a good drink in the ſmall-pox, is here improper. The moſt ſuitable liquors are decoctions of liquorice with marſh-mallow roots and ſarſaparilla, infuſions of lineſeed or of the flowers of elder, balm-tea, clarified-whey, barley-water, and ſuch like. Theſe, if the patient be coſtive, may be ſweetened with honey; or if that ſhould diſagree with the ſtomach, a little manna may occaſionally be added to them.

The meaſles being an inflammatory diſeaſe, without any critical diſcharge of matter, as in the ſmall-pox, bleeding is commonly neceſſary, eſpecially when the fever runs high, with difficulty of breathing, and great oppreſſion of breaſt. But if the diſeaſe be of a mild kind, bleeding may be omitted.

Bathing the feet and legs frequently in lukewarm water both tends to abate the violence of the fever, and to promote the eruption.

The patient is often greatly relieved by vomiting. When there is a tendency this way, it ought to be promoted by drinking lukewarm water, or weak camomile-tea.

When the cough is very troubleſome, with dryneſs of the throat, and difficulty of breathing, the patient may hold his head over the ſteam of warm water, and draw the ſteam into his lungs.

He may likewiſe lick a little ſpermaceti and ſugar-candy pounded together; or take now and then a ſpoonful of the oil of ſweet almonds, with ſugar-candy diſſolved in it. Theſe will ſoften the throat, and relieve the tickling cough.

If, at the turn of the diſeaſe, the fever aſſumes new vigour, and there appears great danger of ſuffocation, the

the patient muſt be bled according to his ſtrength, and bliſtering-plaſters applied, with a view to prevent the load from being thrown on the lungs, where, if an inflammation ſhould fix itſelf, the patient's life will be in imminent danger.

In caſe the meaſles ſhould ſuddenly diſappear, it will be neceſſary to purſue the ſame method which we have recommended when the ſmall-pox recede. The patient muſt be ſupported with wine and cordials. Bliſtering-plaſters muſt be applied to the legs and arms, and the body rubbed all over with warm flannels. Warm poultices may likewiſe be applied to the feet and palms of the hands.

When purple or black ſpots appear, the patient's drink ſhould be ſharpened with ſpirits of vitriol; and if the putrid ſymptoms increaſe, the Peruvian bark muſt be adminiſtered in the ſame manner as directed in the ſmall-pox.

Opiates are ſometimes neceſſary, but ſhould never be given except in caſes of extreme reſtleſſneſs, a violent looſeneſs, or when the cough is very troubleſome. For children, the ſyrup of poppies is ſufficient. A tea ſpoonful or two may be occaſionlly given, according to the patient's age, or the violence of the ſymptoms.

After the meaſles are gone off, the patient ought to be purged. This may be conducted in the ſame manner as directed in the ſmall-pox.

If a violent looſeneſs ſucceeds the meaſles, it may be checked by taking for ſome days a gentle doſe of rhubarb in the morning, and an opiate over night; but if theſe do not remove it, bleeding will ſeldom fail to have the effect.

Patients recovering after the meaſles ſhould be careful what they eat or drink. Their food for ſome time ought to be light, and in ſmall quantities, and their drink diluting, and rather of an opening nature, as butter-milk, whey, and ſuch like.—They ought alſo to beware of expoſing themſelves too

too much to the cold air, leſt a ſuffocating catarrh, an aſthma, or a conſumption of the lungs ſhould enſue.

Should a cough, with difficulty of breathing, and other ſymptoms of conſumption, remain after the meaſles, ſmall quantities of blood may be frequently let at proper intervals, as the patient's ſtrength and conſtitution will permit. He ought likewiſe to drink aſs's milk, to remove to a free air, if in a large town, and to ride daily on horſeback. He muſt keep cloſe to a diet of milk and vegetables; and laſtly, if theſe do not ſucceed, let him remove to a warmer climate.

CHAP. II.

Of the Laborious, the Sedentary, and the Studious.

THAT men are expoſed to particular diſeaſes from the occupations which they follow, is a fact well known; but to remedy this evil is a matter of ſome difficulty. Moſt people are under the neceſſity of following thoſe employments to which they have been bred, whether they be favourable to health or not. For this reaſon, inſtead of inveighing, in a general way, as ſome authors have done, againſt thoſe occupations which are hurtful to health, we ſhall endeavour to point out the circumſtances in each of them from which the danger chiefly ariſes, and to propoſe the moſt rational methods of preventing it.

Chymiſts, founders, forgers, glaſs-makers, and ſeveral other artiſts, are hurt by the unwholeſome air which they are obliged to breathe. This air is not only loaded with the noxious exhalations ariſing from metals and minerals, but is ſo charged with phlogiſton, as to be rendered unfit for expanding the lungs ſufficiently, and anſwering the other important purpoſes of reſpiration. Hence proceed aſthmas, coughs, and conſumptions of the lungs, ſo incident to perſons who follow theſe employments.

To prevent ſuch conſequences, as far as poſſible, the places where theſe occupations are carried on, ought to be conſtructed in ſuch a manner as to diſcharge the ſmoke and other exhalations, and admit a free current of freſh air. Such artiſts ought never to continue long at work; and when they give over, they ſhould ſuffer themſelves to cool gradually, and put on their clothes before they go into the open air. They ought never to drink large quantities of cold, weak, or watery liquors, while their bodies are hot, nor

nor to indulge in raw fruits, ſallads, or any thing that is cold on the ſtomach.

Miners, and all who work under ground, are likewiſe hurt by unwholeſome air. The air, by its ſtagnation in deep mines, not only loſes its proper ſpring and other qualities neceſſary for reſpiration, but is often loaded with ſuch noxious exhalations as to become a moſt deadly poiſon.

The two kinds of air which prove moſt deſtructive to miners, are what they call the fire damp, and the choke damp. In both caſes the air becomes a poiſon by its being loaded with phlogiſton. The danger from the former may be obviated by making it explode before it accumulates in too great quantities; and the latter may be generally carried off by promoting a free circulation of air in the mine.

Miners are not only hurt by unwholeſome air, but likewiſe by the particles of metal which adhere to their ſkin, clothes, &c. Theſe are abſorbed, or taken up into the body, and occaſion palſies, vertigos, and other nervous affections, which often prove fatal. Fallopius obſerves, that thoſe who work in mines of mercury ſeldom live above three or four years. Lead, and ſeveral other metals, are likewiſe very pernicious to the health.

Miners ought never to go to work faſting, nor to continue too long at work. Their food ought to be nouriſhing, and their liquor generous: nothing more certainly hurts them than living too low. They ſhould by all means avoid coſtiveneſs. This may be done either by chewing a little rhubarb, or taking a ſufficient quantity of ſallad oil. Oil not only opens the body, but ſheathes and defends the inteſtines from the ill effects of metals. All who work in mines or metals ought to waſh carefully, and to change their clothes as ſoon as they give over working. Nothing would tend to preſerve the health of ſuch people more than a ſtrict, and almoſt religious regard to cleanlineſs.

Plumbers, painters, gilders, ſmelters, makers of white lead, and many others who work in metals, are

liable to the ſame diſeaſes as miners; and ought to obſerve the ſame directions for avoiding them.

Tallow-chandlers, boilers of oil, and all who work in putrid animal ſubſtances, are likewiſe liable to ſuffer from the unwholeſome ſmells or effluvia of theſe bodies. They ought to pay the ſame regard to cleanlineſs as miners; and when they are affected with neuſea, ſickneſs, or indigeſtion, we would adviſe them to take a vomit or a gentle purge. Such ſubſtances ought always to be manufactured as ſoon as poſſible. When long kept they not only become unwholeſome to thoſe who manufacture them, but alſo to the people who live in the neighbourhood.

It would greatly exceed the limit of this part of our ſubject, to ſpecify the diſeaſes peculiar to perſons of every occupation; we ſhall therefore conſider mankind under the general claſſes of the Laborious, Sedentary, and Studious.

THE LABORIOUS.

Though thoſe who follow laborious employments are in general the moſt healthy of mankind, yet the nature of their occupations, and the places where they are carried on, expoſe them more particularly to ſome diſeaſes. Huſbandmen, for example, are expoſed to all the viciſſitudes of the weather, which, in this country, are often very great and ſudden, and occaſion cold, coughs, quinſies, rheumatiſms, fevers, and other acute diſorders. They are likewiſe forced to work hard, and often to carry burdens above their ſtrength, which, by overſtraining the veſſels, occaſion aſthmas, ruptures, pleuriſies, &c.

Thoſe who labour without doors are often afflicted with intermitting fevers or agues, occaſioned by the frequent viciſſitudes of heat and cold, poor living, bad water, ſitting or lying on the damp ground, evening dews, night air, &c. to which they are frequently expoſed.

Such as bear heavy burdens, as porters, labourers, &c. are obliged to draw in the air with much greater

force

force, and alſo to keep their lungs diſtended with more violence than neceſſary for common reſpiration; by this means the tender veſſels of the lungs are overſtretched, and often burſt, inſomuch that a ſpitting of blood or fever enſues. Hippocrates mentions an inſtance to this purpoſe, of a man, who, upon a wager, carried an aſs; but was ſoon after ſeized with a fever, a vomitting of blood, and a rupture.

Carrying heavy burdens is generally the effect of mere lazineſs, which prompts people to do more at once than what ſhould be done at twice. Sometimes it proceeds from vanity or emulation. Hence it is, that the ſtrongeſt men are moſt commonly hurt by heavy burdens, hard labour, or feats of activity. It is rare to find one who boaſts of his ſtrength without a rupture, a ſpitting of blood, or ſome other diſeaſe, which he reaps as the fruit of his folly. One would imagine the daily inſtances we have of the fatal effects of carrying great weights, running, wreſtling, and the like, would be ſufficient to prevent ſuch practices.

There are indeed ſome employments which neceſſarily require a great exertion of ſtrength; as porters, blackſmiths, carpenters, &c. None ought to follow theſe trades but men of ſtrong body; and they ſhould never exert their ſtrength to the utmoſt, nor work too long. When the muſcles are violently ſtrained, frequent reſt is neceſſary, in order that they may recover their tone; without this the ſtrentgh and conſtitution will ſoon be worn out, and a premature old age be induced.

The eriſipelas, or St. Anthony's fire, is a diſeaſe very incident to the laborious. It is occaſioned by whatever gives a ſudden check to the perſpiration, as drinking cold water when the body is warm, wet feet, keeping on wet clothes, ſitting or lying on the damp ground, &c. It is impoſſible for thoſe who labour without doors always to guard againſt theſe inconveniences; but it is known from experience, that

their

their ill conſequences might often be prevented by proper care.

The iliac paſſion, the colic, and other complaints of the bowels, are often occaſioned by the ſame cauſes as the eriſipelas; but they may likewiſe proceed from flatulent and indigeſtible food. Labourers generally eat unfermented bread, made of peas, beans, rye, and other windy ingredients. They alſo devour great quantities of unripe fruits, baked, ſtewed, or raw, with various kinds of roots and herbs, upon which they often drink ſour milk, ſtale ſmall beer, or the like. Such a mixture cannot fail to fill the bowels with wind, and occaſion diſeaſes of thoſe parts.

Inflammations, whitloes, and other diſeaſes of the extremities, are likewiſe common among thoſe who labour without doors. Theſe diſeaſes are often attributed to venom, or ſome kind of poiſon: but they generally proceed either from ſudden heat after cold, or the contrary. When labourers, milk-maids, &c. come from the field, cold or wet, they run to the fire, and often plunge their hands in warm water, by which means the blood and other humours in thoſe parts are ſuddenly expanded, and, the veſſels not yielding ſo quickly, a ſtrangulation happens, and an inflammation or a mortification enſues.

When ſuch perſons come home cold they ought to keep at a diſtance from the fire for ſome time, to waſh their hands in cold water, and rub them well with a dry cloth. It ſometimes happens, that people are ſo benumbed with cold, as to be quite deprived of the uſe of their limbs. In this caſe the only remedy is to rub the parts with ſnow, or, where it cannot be had, with cold water. If they be held near the fire, or plunged into warm water, a mortification will generally enſue.

Labourers in the hot ſeaſon are apt to lie down and ſleep in the ſun. This practice is ſo dangerous, that they often awake in a burning fever. Theſe ardent fevers, which prove ſo fatal about the end of ſummer

and

and beginning of autumn, are frequently occaſioned by this means. When labourers leave off work, which they ought always to do during the heat of the day, they ſhould go home, or at leaſt get under ſome cover where they may repoſe themſelves in ſafety.

Many people follow their employments in the fields from morning till night, without eating any thing. This cannot fail to hurt their health. However homely their fare be, they ought to have it at regular times; and the harder they work, the more frequently they ſhould eat. If the humours be not frequently repleniſhed with freſh nouriſhment, they ſoon become putrid, and produce fevers of the very worſt kind.

Many peaſants are extremely careleſs with reſpect to what they eat or drink, and often, through mere indolence, uſe unwholeſome food, when they might, for the ſame expence, have that which is wholeſome. In ſome parts of Britain, the peaſants are too careleſs even to take the trouble of dreſſing their own victuals. Such people would live upon one meal a-day in indolence, rather than labour, though it were to procure them the greateſt affluence.

Fevers of a very bad kind are often occaſioned among labourers by poor living. When the body is not ſufficiently nouriſhed, the humours become vitiated, and the ſolids weak; from whence the moſt fatal conſequences enſue. Poor living is likewiſe productive of many of thoſe cutaneous diſeaſes ſo frequent among the lower claſs of people. It is remarkable that cattle, when pinched in their food, are generally affected with diſeaſes of the ſkin, which ſeldom fail to diſappear when they are put upon a good paſture. This ſhews how much a good ſtate of the humours depends upon a ſufficient quantity of proper nouriſhment.

Poverty not only occaſions, but aggravates, many of the diſeaſes of the laborious. Few of them have much foreſight; and, if they had, it is ſeldom in their power to ſave any thing. They are glad to make a

ſhift

ſhift to live from day to day; and when any diſeaſe overtakes them, they are miſerable indeed. Here the godlike virtue of charity ought always to exert itſelf. To relieve the induſtrious poor in diſtreſs, is ſurely the moſt exalted act of religion and humanity. They alone, who are witneſſes of thoſe ſcenes of calamity, can form a notion of what numbers periſh in diſeaſes, for want of proper aſſiſtance, and even for want of the neceſſaries of life.

Labourers are often hurt by a fooliſh emulation, which prompts them to vie with one another, till they overheat themſelves to ſuch a degree as to occaſion a fever, or even to drop down dead. Such as wantonly throw away their lives in this manner, deſerve to be looked upon in no better light than ſelf-murderers.

The office of a ſoldier, in time of war, may be ranked among the laborious employments. Soldiers ſuffer many hardſhips from the inclemency of ſeaſons, long marches, bad proviſions, hunger, watching, unwholeſome climates, bad water, &c. Theſe occaſion fevers, fluxes, rheumatiſms, and other fatal diſeaſes, which generally do greater execution than the ſword, eſpecially when campaigns are continued too late in the ſeaſon. A few weeks of cold rainy weather will often prove more fatal than an engagement.

Thoſe who have command of armies ſhould take care that their ſoldiers be well clothed and well fed. They ought alſo to finiſh their campaigns in due ſeaſon, and to provide their men with dry and well-aired winter quarters. Theſe rules, taking care, at the ſame time, to keep the ſick at a proper diſtance from thoſe in health, would tend greatly to preſerve the lives of the ſoldiery.

Sailors may alſo be numbered among the laborious. They undergo great hardſhips from change of climate, the violence of the weather, hard labour, bad proviſions, &c. Sailors are of ſo great importance both to the trade and ſafety of this kingdom, that

too

too much pains can never be beſtowed in pointing out the means of preſerving their lives.

One great ſource of the diſeaſes of ſea-faring people is exceſs. When they get on ſhore, after having been long at ſea, without regard to the climate, or their own conſtitutions, they plunge headlong into all manner of riot, and often perſiſt till a fever puts an end to their lives. Thus intemperance, and not the climate, is often the cauſe why ſo many of our brave ſailors die on foreign coaſts. Such people ought not to live too low; but they will find moderation the beſt defence againſt fevers and many other maladies.

Sailors, when on duty, cannot avoid ſometimes getting wet. When this happens, they ſhould change their clothes as ſoon as they are relieved, and take every method to reſtore the perſpiration. They ſhould not, in this caſe, make too free with ſpirits or other ſtrong liquors, but ſhould rather drink them diluted with warm water, and go immediately to bed, where a ſound ſleep and a gentle ſweat would ſet all to rights.

But the health of ſailors ſuffers moſt from unwholeſome food. The conſtant uſe of ſalted proviſions vitiates their humours, and occaſions the ſcurvy, and other obſtinate maladies. It is no eaſy matter to prevent this diſeaſe in long voyages; yet we cannot help thinking, that much might be done towards effecting ſo deſirable an end, were due pains beſtowed for that purpoſe. For example, various roots, greens, and fruits, might be kept a long time at ſea, as onions, potatoes, cabbages, lemons, oranges, tamarinds, apples, &c. When fruits cannot be kept, the juices of them, either freſh or fermented, may. With theſe all the drink, and even the food of the ſhip's company, ought to be acidulated in long voyages.

Stale bread and beer likewiſe contribute to vitiate the humours. Flour will keep for a long time on board, of which freſh bread might frequently be

made. Malt too might be kept, and infuſed with boiling water at any time. This liquor, when drank even in form of wort is very wholeſome, and is found to be an antidote againſt the ſcurvy. Small wines and cider might likewiſe be plentifully laid in; and ſhould they turn ſour, they would ſtill be uſeful as vinegar. Vinegar is a great antidote againſt diſeaſes, and ſhould be uſed by all travellers, eſpecially at ſea. It may either be mixed with the water they drink, or taken in their food.

Such animals as can be kept alive, ought likewiſe to be carried on board, as hens, ducks, pigs, &c. Freſh broths made of portable ſoup, and puddings made of peas or other vegetables, ought to be uſed plentifully. Many other things will readily occur to people converſant in theſe matters, which would tend to preſerve the health of that brave and uſeful ſet of men.

We have reaſon to believe, if due attention were paid to the diet, air, clothing, and above all things to the cleanlineſs of ſea-faring people, they would be the moſt healthy ſet of men in the world; but when theſe are neglected, the very reverſe will happen.

The beſt medical antidote that we can recommend to ſailors or ſoldiers on foreign coaſts, eſpecially where dampneſs prevails, is the Peruvian bark. This will often prevent fevers, and other fatal diſeaſes. About a drachm of it may be chewed every day; or if this ſhould prove diſagreeable, an ounce of bark, with half an ounce of orange peel, and two drachms of ſnake-root coarſely powdered, may be infuſed for two or three days in an Engliſh quart of brandy, and half a wine glaſs of it taken twice or thrice a-day, when the ſtomach is empty. This has been found to be an excellent antidote againſt fluxes, putrid, intermitting, and other fevers, in unhealthy climates. It is not material in what form this medicine is taken. It may either be infuſed in water, wine, or ſpirits, as recommended above, or made into an electuary with ſyrup of lemons, oranges, or the like.

THE

THE SEDENTARY.

Though nothing can be more contrary to the nature of man than a ſedentary life, yet this claſs comprehends by far the greater part of the ſpecies. Almoſt the whole female world, and in manufacturing countries the major part of the males, may be reckoned ſedentary.

Agriculture, the firſt and moſt healthful of all employments, is now followed by few who are able to carry on any other buſineſs. But thoſe who imagine that the culture of the earth is not ſufficient to employ all its inhabitants, are greatly miſtaken. An antient Roman, we are told, could maintain his family from the produce of one acre of ground. So might a modern Britain, if he would be content to live like a Roman. This ſhews what an immenſe increaſe of inhabitants Britain might admit of, and all of them live by the culture of the ground.

Agriculture is the great ſource of domeſtic riches. Where it is neglected, whatever wealth may be imported from abroad, poverty and miſery will abound at home. Such is, and ever will be, the fluctuating ſtate of trade and manufactures, that thouſands of people may be in full employment to-day and in beggary to-morrow. This can never happen to thoſe who cultivate the ground. They can eat the fruit of their labour, and can always by induſtry obtain, at leaſt, the neceſſaries of life.

Though ſedentary employments are neceſſary, yet there ſeems to be no reaſon why any perſon ſhould be confined for life to theſe alone. Were ſuch employments intermixed with the more active and laborious, they would never do hurt. It is conſtant confinement that ruins the health. A man may not be hurt by ſitting five or ſix hours a-day; but if he is obliged to ſit ten or twelve, he will ſoon become diſeaſed.

But it is not want of exercise alone which hurts sedentary people; they likewise suffer from the confined air which they breathe. It is very common to see ten or a dozen tailors, or stay-makers, for example, crowded into one small apartment, where there is hardly room for one person to breathe freely. In this situation they generally continue for many hours at a time, often with the addition of several candles, which tend likewise to waste the air, and render it less fit for respiration. Air that is breathed repeatedly becomes unfit for expanding the lungs. This is one cause of the phthisical cough, and other complaints of the breast, so incident to sedentary artificers.

Even the perspiration from a great number of persons pent up together, renders the air unwholesome. The danger from this quarter will be greatly increased if any of them happen to have bad lungs or to be otherwise diseased. Those who sit near him, being forced to breathe the same air, can hardly fail to be infected. It would be a rare thing, however, to find a dozen sedentary people all in good health. The danger of crowding them together must therefore be evident to every one.

Many of those who follow sedentary employments are constantly in a bending posture, as shoe-makers, tailors, cutlers, &c. Such a situtation is extremely hurtful. A bending posture obstructs all the vital motions, and of course must destroy the health. Accordingly we find such artificers generally complaining of indigestions, flatulences, head-achs, pains of the breast, &c.

The aliment in sedentary people, instead of being pushed forwards by an erect posture, and the action of the muscles, is in a manner confined in the bowels. Hence indigestions, costiveness, wind, and other hypochondriacal affections, the constant companions of the sedentary. Indeed none of the excretions can be duly performed where exercise is wanting; and when the matter which ought to be discharged in this way is retained too long in the body, it must

have

have bad effects, as it is taken up again into the mass of humours.

A bending posture is likewise hurtful to the lungs. When this organ is compressed, the air cannot have free access into all its parts, so as to expand them properly. Hence tubercles, adhesions, &c. are formed, which often end in consumptions. Besides, the proper action of the lungs being absolutely necessary for making good blood; when that organ fails, the humours soon become universally depraved, and the whole constitution goes to wreck.

Sedentary artificers are not only hurt by pressure on the bowels, but also on the inferior extremities, which obstructs the circulation in these parts, and renders them weak and feeble. Thus tailors, shoemakers, &c. frequently lose the use of their legs altogether: besides, the blood and humours are, by stagnation, vitiated, and the perspiration obstructed; from whence proceed the scab, ulcerous sores, foul blotches, and other cutaneous diseases so common among sedentary artificers.

A bad figure of body is a very common consequence of close application to sedentary employments. The spine, for example, by being continually bent, puts on a crooked shape, and generally remains so ever after. But a bad figure of body has already been observed to be hurtful to health, as the vital functions are thereby impeded.

A sedentary life seldom fails to occasion an universal relaxation of the solids. This is the great source from whence most of the diseases of sedentary people flow. The scrophula, consumption, hysterics, and nervous diseases, now so common, were very little known in this country before sedentary artificers became so numerous; and they are very little known still among such of our people as follow active employments without doors, though in great towns at least two thirds of the inhabitants are afflicted with them.

It is very difficult to remedy those evils, because many

many who have been accuſtomed to a ſedentary life, like ricketty children, loſe all inclination for exerciſe; we ſhall, however, throw out a few hints with reſpect to the moſt likely means for preſerving the health of this uſeful ſet of people, which ſome of them, we hope, will be wiſe enough to take.

It has been already obſerved that ſedentary artificers are often hurt by their bending poſture. They ought therefore to ſtand or ſit as erect as the nature of their employments will permit. They ſhould likewiſe change their poſture frequently, and ſhould never ſit too long at a time, but leave off work, and walk, ride, run, or do any thing that will promote the vital functions.

Sedentary artificers are generally allowed too little time for exerciſe; yet ſhort as it is, they ſeldom employ it properly. A journeyman tailor or weaver, for example, inſtead of walking abroad for exerciſe and freſh air, at his hours of leiſure, chuſes often to ſpend them in a public-houſe, or in playing at ſome ſedentary game, by which he generally loſes both his time and his money.

The aukward poſtures in which many ſedentary artificers work, ſeem rather to be the effect of cuſtom than neceſſity. For example, a table might ſurely be contrived for ten or a dozen tailors to ſit round with liberty for their legs either to hang down, or reſt upon a foot-board, as they ſhould chuſe. A place might likewiſe be cut out for each perſon, in ſuch a manner that he might ſit as conveniently for working as in the preſent mode of ſitting croſs-legged.

All ſedentary artificers ought to pay the moſt religious regard to cleanlineſs. Both their ſituation and occupations render this highly neceſſary. Nothing would contribute more to preſerve their health, than a ſtrict attention to it: and ſuch of them as neglect it, not only run the hazard of loſing health, but of becoming a nuiſance to their neighbours.

Sedentary

Sedentary people ought to avoid food that is windy or hard of digeſtion, and ſhould pay the ſtricteſt regard to ſobriety. A perſon who works hard without doors will ſoon throw off a debauch; but one who ſits has by no means an equal chance. Hence it often happens, that ſedentary people are ſeized with fevers after hard drinking. When ſuch perſons feel their ſpirits low, inſtead of running to the tavern for relief, they ſhould ride or walk in the fields. This would remove the complaint more effectually than ſtrong liquor, and would never hurt the conſtitution.

Inſtead of multiplying rules for preſerving the health of the ſedentary, we ſhall recommend to them the following general plan, viz. That every perſon who follows a ſedentary employment ſhould cultivate a piece of ground with his own hands. This he might dig, plant, ſow, and weed, at leiſure hours, ſo as to make it both an exerciſe and amuſement, while it produced many of the neceſſaries of life. After working an hour in a garden, a man will return with more keenneſs to his employment within doors, than if he had been all the while idle.

Labouring the ground is every way conducive to health. It not only gives exerciſe to every part of the body, but the very ſmell of the earth and freſh herbs revives and cheers the ſpirits, whilſt the perpetual proſpect of ſomething coming to maturity, delights and entertains the mind. We are ſo formed as to be always pleaſed with ſomewhat in proſpect, however diſtant or however trivial. Hence the happineſs that moſt men feel in planting, ſowing, building, &c. Theſe ſeem to have been the chief employments of the more early ages: and, when kings and conquerors cultivated the ground, there is reaſon to believe that they knew as well wherein true happineſs conſiſted as we do.

It may ſeem romantic to recommend gardening to manufacturers in great towns; but obſervation proves that the plan is very practicable. In the town of Sheffield, in Yorkſhire, where the great iron manufacture

facture is carried on, there is hardly a journeyman cutler who does not poſſeſs a piece of ground, which he cultivates as a garden. This practice has many ſalutary effects. It not only induces theſe people to take exerciſe without doors, but alſo to eat many greens, roots, &c. of their own growth, which they would never think of purchaſing. There can be no reaſon why manufacturers in any other town in Great Britain ſhould not follow the ſame plan. It is indeed to be regretted, that in ſuch a place as London a plan of this kind is not practicable: yet even there ſedentary artificers many find opportunities of taking air and exerciſe, if they chuſe to embrace them.

Mechanics are too much inclined to crowd into great towns. The ſituation may have ſome advantages; but it has likewiſe many diſadvantages. All mechanics who live in the country have it in their power to cultivate a piece of ground; which indeed moſt of them do. This not only gives them exerciſe, but enables them to live more comfortably. So far at leaſt as my obſervation extends, mechanics who live in the country are far more happy than thoſe in great towns. They enjoy better health, live in greater affluence, and ſeldom fail to rear a healthy and numerous offspring.

In a word, exerciſe without doors, in one ſhape or another, is abſolutely neceſſary to health. Thoſe who neglect it, though they may for a while drag out life, can hardly be ſaid to enjoy it. Weak and effeminate, they languiſh for a few years, and ſoon drop into an untimely grave!

THE STUDIOUS.

Intenſe thinking is ſo deſtructive to health, that few inſtances can be produced of ſtudious perſons being ſtrong and healthy. Cloſe ſtudy always implies a ſedentary life; and when intenſe thinking is joined to the want of exerciſe, the conſequences muſt be bad. We have frequently known even a few months of cloſe application to ſtudy ruin an excellent conſtitution,

tution, by inducing a train of nervous complaints which could never be removed. Man is evidently not formed for continual thought more than for perpetual action, and would be as ſoon worn out by the one as the other.

So great is the power of the mind over the body, that, by its influence, the whole vital motions may be accelerated or retarded, to almoſt any degree. Thus cheerfulneſs and mirth quicken the circulation, and promote all the ſecretions; whereas ſadneſs and profound thought never fail to retard them.—Hence it would appear, that even a degree of thoughtleſſneſs is neceſſary to health. Indeed the perpetual thinker ſeldom enjoys either health or ſpirits; while the perſon, who can hardly be ſaid to think at all, generally enjoys both.

Perpetual thinkers, as they are called, ſeldom think long. In a few years they generally become quite ſtupid, and exhibit a melancholy proof how readily the greateſt bleſſings may be abuſed. Thinking, like every thing elſe, when carried to an extreme, becomes a vice; nor can any thing afford a greater proof of wiſdom, than for a man frequently and ſeaſonably to unbend his mind. This may generally be done by mixing in cheerful company, active diverſions, or the like.

Inſtead of attempting to inveſtigate the nature of that connection which ſubſiſts between the mind and body, or to inquire into the manner in which they mutually affect each other, we ſhall only mention thoſe diſeaſes to which the learned are more peculiarly liable, and endeavour to point out the means of avoiding them.

Studious perſons are very ſubject to the gout. This painful diſeaſe in a great meaſure proceeds from indigeſtion, and an obſtructed perſpiration. It is impoſſible that the man who ſits from morning till night ſhould either digeſt his food, or have any of the ſecretions in due quantity. But when that matter which ſhould be thrown off by the ſkin, is retained

in the body, and the humours are not duly prepared, diſeaſes muſt enſue.

The ſtudious are likewiſe very liable to the ſtone and gravel. Exercife greatly promotes both the ſecretion and diſcharge of urine; conſequently a ſedentary life muſt have the contrary effect. Any one may be ſatisfied of this by obſerving, that he paſſes much more urine by day than in the night, and alſo when he walks or rides, than when he ſits.

The circulation in the liver being ſlow, obſtructions in that organ can hardly fail to be the conſequence of inactivity. Hence ſedentary people are frequently afflicted with ſchirrous livers. But the proper ſecretion and diſcharge of the bile is ſo neceſſary a part of the animal œconomy, that where theſe are not duly performed, the health muſt ſoon be impaired. Jaundice, indigeſtion, loſs of appetite, and a waſting of the whole body, ſeldom fail to be the conſequence of a vitiated ſtate of the liver or obſtruction of the bile.

Few diſeaſes prove more fatal to the ſtudious than conſumptions of the lungs. It has already been obſerved, that this organ cannot be duly expanded in thoſe who do not take proper exercife; and where that is the caſe, obſtructions and adheſions will enſue. Not only the want of exercife, but the poſture in which ſtudious perſons generally ſit, is very hurtful to the lungs. Thoſe who read or write much are ready to contract a habit of bending forwards, and often preſs with their breaſt upon a table or bench. This poſture cannot fail to hurt the lungs.

The functions of the heart may likewiſe by this means be injured. We remember to have ſeen a man opened, whoſe pericardium adhered to his breaſt-bone in ſuch a manner as to obſtruct the motion of the heart, and occaſion his death. The only probable cauſe that could be aſſigned for this ſingular ſymptom was, that the man, whoſe buſineſs was writing, uſed conſtantly to ſit in a bending poſture, with his breaſt preſſing upon the edge of a plain table.

No

No perſon can enjoy health who does not properly digeſt his food. But intenſe thinking and inactivity never fail to prevent digeſtion. Hence the humours become crude and vitiated, the ſolids weak and relaxed, and the whole conſtitution goes to ruin.

Long and intenſe thinking often occaſions grievous head-achs, which bring on vertigoes apoplexies, palſies, and other fatal diſorders. The beſt way to prevent theſe is, never to ſtudy too long at one time, and to keep the body regular, either by proper food, or taking frequently a little of ſome opening medicine.

Thoſe who read or write much are often afflicted with ſore eyes. Studying by candle-light is peculiarly hurtful to the ſight. This ought to be practiſed as ſeldom as poſſible. When it is unavoidable, the eyes ſhould be ſhaded, and the head ſhould not be held too low. When the eyes are weak or painful, they ſhould be bathed every night and morning in cold water, to which a little brandy may be added.

It has already been obſerved, the excretions are very defective in the ſtudious. The dropſy is often occaſioned by the retention of thoſe humours which ought to be carried off in this way. Any perſon may obſerve, that ſitting makes his legs ſwell, and that this goes off by exerciſe; which clearly points out the method of prevention.

Fevers, eſpecially of the nervous kind, are often the effect of ſtudy. Nothing affects the nerves ſo much as intenſe thought. It in a manner unhinges the whole frame, and not only hurts the vital motions, but diſorders the mind itſelf. Hence a delirium, melancholy, and even madneſs, are often the effect of cloſe application to ſtudy. In fine, there is no diſeaſe which can proceed either from a bad ſtate of the humours, a defect of the uſual ſecretions, or a debility of the nervous ſyſtem, which may not be induced by intenſe thinking.

But the moſt afflicting of all the diſeaſes which attack the ſtudious, is the hypochondriac. This diſeaſe ſeldom fails to be the companion of deep thought. It

may rather be called a complication of máladies than a ſingle one. To what a wretched condition are the beſt of men often reduced to by it! Their ſtrength and appetite fail; a perpetual gloom hangs over their minds; they live in the conſtant dread of death, and are in continual ſearch of relief from medicine, where, alas! it is not to be found. Thoſe who labour under this diſorder, though they are often the ſubject of ridicule, juſtly claim our higheſt ſympathy and compaſſion.

Hardly any thing can be more prepoſterous than for a perſon to make ſtudy his ſole buſineſs. A mere ſtudent is ſeldom an uſeful member of ſociety. He often neglects the more important duties of life, in order to purſue ſtudies of a very trifling nature. Indeed it rarely happens, that any uſeful invention is the effect of mere ſtudy. The farther men dive into profound reſearches, they generally deviate the more from common ſenſe, and too often loſe ſight of it altogether. Profound ſpeculations, inſtead of making men wiſer and better, generally render them abſolute ſceptics, and overwhelm them with doubt and uncertainty. All that is neceſſary for man to know, in order to be happy, is eaſily obtained; and the reſt, like the forbidden fruit, ſerves only to increaſe his miſery.

Studious perſons, in order to relieve their minds, muſt not only diſcontinue to read and write, but engage in ſome employment or diverſion that will ſo far occupy the thought as to make them forget the buſineſs of the cloſet. A ſolitary ride or walk are ſo far from relaxing the mind, that they rather encourage thought. Nothing can divert the mind when it gets into a train of ſerious thinking, but attention to ſubjects of a more trivial nature. Theſe prove a kind of play to the mind, and conſequently relieve it.

Learned men often contract a contempt for what they call trifling company. They are aſhamed to be ſeen with any but philoſophers. This however is no proof of their being philoſophers themſelves. No man

man deſerves that name who is aſhamed to unbend his mind, by aſſociating with the cheerful and the gay. Even the ſociety of children will relieve the mind, and expel the gloom which application to ſtudy is too apt to occaſion.

As ſtudious people are neceſſarily much within doors, they ſhould make choice of a large and well-aired place for ſtudy. This would not only prevent the bad effects which attend confined air, but would cheer the ſpirits, and have a moſt happy influence both on body and mind. It is ſaid of Euripides the tragedian, that he uſed to retire to a dark cave to compoſe his tragedies, and of Demoſthenes the Grecian orator, that he choſe a place where nothing could be either heard or ſeen. With all deference to ſuch venerable names, we cannot help condemning their taſte. A man may ſurely think to as good purpoſe in an elegant apartment as in a cave; and may have as happy conceptions where the all-cheering rays of the ſun render the air wholeſome, as in places where they never enter.

Thoſe who read or write much ſhould be very attentive to their poſture. They ought to ſit and ſtand by turns, always keeping as nearly in an erect poſture as poſſible. Thoſe who dictate may do it walking. It has an excellent effect frequently to read or ſpeak aloud. This not only exerciſes the lungs, but almoſt the whole body. Hence ſtudious people benefit much by delivering diſcourſes in public. Public ſpeakers, indeed, ſometimes hurt themſelves by overacting their part; but this is their own fault. The martyr to mere vociferation, merits not our ſympathy.

The morning has, by all medical writers, been reckoned the beſt time for ſtudy. It is ſo. But it is alſo the moſt proper ſeaſon for exerciſe, while the ſtomach is empty, and the ſpirits refreſhed with ſleep. Studious people ſhould therefore ſometimes ſpend the morning in walking, riding, or ſome manly diverſions without doors. This would make them return to ſtudy with greater alacrity, and would be of more

more ſervice than twice the time after their ſpirits were worn out with fatigue. It is not ſufficient to take diverſion only when we can think no longer. Every ſtudious perſon ſhould make it a part of his buſineſs, and ſhould let nothing interrupt his hours of recreation more than thoſe of his ſtudy.

Muſic has a very happy effect in relieving the mind when fatigued with ſtudy. It would be well if every ſtudious perſon were ſo far acquainted with that ſcience as to amuſe himſelf after ſevere thought by playing ſuch airs as have a tendency to raiſe the ſpirits, and inſpire cheerfulneſs and good humour.

It is a reproach to learning, that any of her votaries, to relieve the mind after ſtudy, ſhould betake themſelves to the uſe of ſtrong liquors. This indeed is a remedy; but it is a deſperate one, and always proves deſtructive. Would ſuch perſons, when their ſpirits are low, get on horſeback and ride ten or a dozen miles, they would find it a more effectual remedy than any cordial medicine in the apothecary's ſhop, or all the ſtrong liquors in the world.

The following is the plan, in this caſe, recommended by Dr. Buchan, and as we know not a better, we ſhall give in his own words. "When my mind is fatigued with ſtudy, or other ſerious buſineſs, I mount my horſe, and ride ten or twelve miles into the country, where I ſpend a day, and ſometimes two, with a cheerful friend; after which I never fail to return to town with new vigour, and to purſue my ſtudies or buſineſs with freſh alacrity."

It is much to be regretted, that learned men, while in health, pay ſo little regard to theſe things. There is not any thing more common than to ſee a miſerable object over-run with the nervous diſeaſes, bathing, walking, riding, and, in a word, doing every thing for health after it is gone; yet, if any one had recommended theſe to him by way of prevention, the advice would, in all probability, have been treated with contempt, or, at leaſt, with neglect. Such is the weakneſs

weakneſs and folly of mankind, and ſuch the want of foreſight, even in thoſe who ought to be wiſer than others.

With regard to the diet of the ſtudious, we ſee no reaſon why they ſhould abſtain from any kind of food that is wholeſome, provided they uſe it in moderation. They ought, however, to be ſparing in the uſe of every thing that is windy, rancid, or hard of digeſtion. Their ſuppers ſhould always be light, or taken ſoon in the evening. Their drink may be water, fine malt liquor, not too ſtrong, good cyder, wine and water, or, if troubled with acidities, water mixed with a little brandy, rum, or any other genuine ſpirit.

We ſhall only obſerve, with regard to thoſe kinds of exerciſe which are moſt proper for the ſtudious, that they ſhould not be too violent, nor ever carried to the degree of exceſſive fatigue. They ought likewiſe to be frequently varied ſo as to give action to all the different parts of the body; and ſhould as often as poſſible, be taken in the open air. In general, riding on horſeback, walking, working in a garden, or playing at ſome active diverſions, are the beſt.

We would likewiſe recommend the uſe of the cold bath to the ſtudious. It will, in ſome meaſure, ſupply the place of exerciſe, and ſhould not be neglected by perſons of a relaxed habit, eſpecially in the warm ſeaſon.

No perſon ought either to take violent exerciſe or to ſtudy immediately after a full meal.

CHAP.

CHAP. III.

Of Aliment.

UNWHOLESOME food, and irregularities of diet, occaſion many diſeaſes. There is no doubt but the whole conſtitution of body may be changed by diet alone. The fluids may be thereby attenuated or condenſed, rendered mild or acrimonious, coagulated or diluted, to almoſt any degree. Nor are its effects upon the ſolids leſs conſiderable. They may be braced or relaxed, have their ſenſibility, motions, &c. greatly increaſed or diminiſhed, by different kinds of aliment. A very ſmall attention to theſe things will be ſufficient to ſhew, how much the preſervation of health depends upon a proper regimen of the diet.

Nor is an attention to diet neceſſary for the preſervation of health only; it is likewiſe of importance in the cure of diſeaſes. Every intention in the cure of many diſeaſes, may be anſwered by diet alone. Its effects, indeed, are not always ſo quick as thoſe of medicine, but they are generally more laſting; beſides, it is neither ſo diſagreeable to the patient, nor ſo dangerous as medicine, and is alway more eaſily obtained.

Our intention here is not to enquire minutely into the nature and properties of the various kinds of aliment in uſe among mankind; nor to ſhew their effects upon the different conſtitutions of the human body; but to mark ſome of the moſt pernicious errors which people are apt to fall into, with reſpect both to the quantity and quality of their food, and to point out their influence upon health.

It is not indeed an eaſy matter to aſcertain the exact quantity of food proper for every age, ſex, and conſtitution: but a ſcrupulous nicety here is by no means

means neceſſary. The beſt rule is to avoid all extremes. Mankind were never intended to weigh and meaſure their food. Nature teaches every creature when it has enough; and the calls of thirſt and hunger are ſufficient to inform them when more is neceſſary.

Though moderation is the chief rule with regard to the quantity, yet the quality of food merits a farther conſideration. There are many ways by which proviſions may be rendered unwholeſome. Bad ſeaſons may either prevent the ripening of grain, or damage it afterwards. Theſe, indeed, are acts of providence, and we muſt ſubmit to them; but ſurely no puniſhment can be too ſevere for thoſe who ſuffer proviſions to ſpoil by hording them, on purpoſe to raiſe the price, or who promote their own intereſt by adulterating the neceſſaries of life.

Animal, as well as vegetable food, may be rendered unwholeſome, by being kept too long. All animal ſubſtances have a conſtant tendency to putrefaction; and, when that has proceeded too far, they not only become offenſive to the ſenſes, but hurtful to health. Diſeaſed animals, and ſuch as die of themſelves, ought never to be eaten. It is a common practice, however, in ſome grazing countries, for ſervants and poor people to eat ſuch animals as die of any diſeaſe, or are killed by accident. Poverty, indeed, may oblige people to do this; but they had better eat a ſmaller quantity of what is ſound and wholeſome: it would both afford a better nouriſhment, and be attended with leſs danger.

The injunctions given to the Jews, not to eat any creature which died of itſelf, ſeems to have a ſtrict regard to health; and ought to be obſerved by Chriſtians as well as Jews. Animals never die of themſelves without ſome previous diſeaſe; but how a diſeaſed animal ſhould be wholeſome food, is inconceivable: even thoſe which die by accident muſt be hurtful, as their blood is mixed with the fleſh, and ſoon turns putrid.

Animals which feed grofsly, as tame ducks, hogs, &c. are neither fo eafily digefted, nor afford fuch wholefome nourifhment as others. No animal can be wholefome which does not take fufficient exercife. Moft of our ftalled cattle are crammed with grofs food, but not allowed exercife nor free air; by which means they indeed grow fat, but their juices not being properly prepared or affimilated, remain crude, and occafion indigeftions, grofs humours, and oppreffion of the fpirits, in thofe who feed upon them.

Animals are often rendered unwholefome by being over-heated. Exceffive heat caufes a fever, exalts the animal falts, and mixes the blood fo intimately with the flefh, that it cannot be feparated. For this reafon butchers fhould be feverely punifhed who over-drive their cattle. No perfon would chufe to eat the flefh of an animal which had died in a high fever; yet that is the cafe with all over-drove cattle; and the fever is often raifed even to the degree of madnefs.

But this is not the only way by which butchers render meat unwholefome. The abominable cuftom of filling the cellular membrane of animals with air, in order to make them appear fat, is every day practifed. This not only fpoils the meat, and renders it unfit for keeping, but is fuch a dirty trick, that the very idea of it is fufficient to difguft a perfon of any delicacy at every thing which comes from the fhambles. Who can bear the thought of eating meat which has been blown up with air from the lungs of a dirty fellow, perhaps labouring under the very worft of diffeafes?

Butchers have likewife a method of filling the cellular membranes of animals with blood. This makes the meat feem fatter, and likewife weigh more, but is notwithftanding a very pernicious cuftom, as it both renders the meat unwholefome and unfit for keeping. We feldom fee a piece of meat from the fhambles, where the blood is not diffufed through the cellular

cellular texture. We ſhall not ſay that this is always the effect of deſign; but we are certain it is not the caſe with animals that are killed for domeſtic uſe, and properly blooded. Veal ſeems to be moſt frequently ſpoilt in this way. Perhaps that may in ſome meaſure be owing to the practice of carrying calves from a great diſtance to market, by which means their tender fleſh is bruiſed, and many of their veſſels burſt.

No people in the world eat ſuch quantities of animal food as the Engliſh, which is one reaſon why they are ſo generally tainted with the ſcurvy and its numerous train of conſequences, indigeſtion, low ſpirits, hypochondriaciſm, &c. Animal food was ſurely deſigned for man, and with a proper mixture of vegetables, it will be found the moſt wholeſome; but to gorge beef, mutton, pork, fiſh, and fowl, twice or thrice a day, is certainly too much. All who value health ought to be contented with making one meal of fleſh in the twenty-four hours, and this ought to conſiſt of one kind only.

The moſt obſtinate ſcurvy has often been cured by a vegetable diet; nay, milk alone will frequently do more in that diſeaſe than any medicine. Hence it is evident, that if vegetables and milk were more uſed in diet, we ſhould have leſs ſcurvy, and likewiſe fewer putrid and inflammatory fevers. Freſh vegetables, indeed, come to be daily more uſed in diet; this laudable practice we hope will continue to gain ground.

Our aliment ought neither to be too moiſt nor too dry. Moſt aliment relaxes the ſolids, and renders the body feeble. Thus we ſee females, who live much on tea and other watery diet, generally become weak and unable to digeſt ſolid food: hence proceed hyſterics, and all their dreadful conſequences. On the other hand, food that is too dry, renders the ſolids in a manner rigid, and the humours viſcid, which diſpoſes the body to inflammatory fevers, ſcurvies, and the like.

Much has been ſaid on the ill effects of tea in diet. They are, no doubt, numerous; but they proceed rather from the imprudent uſe of it, than from any bad qualities in the tea itſelf. Tea is now the univerſal breakfaſt in this part of the world; but the morning is ſurely the moſt improper time of the day for drinking it. Moſt delicate perſons, who, by the bye, are the greateſt tea drinkers, cannot eat any thing in the morning. If ſuch perſons, after faſting ten or twelve hours, drink four or five cups of green tea without eating almoſt any bread, it muſt hurt them. Good tea, taken in a moderate quantity, not too ſtrong nor too hot, nor drank upon an empty ſtomach, will ſeldom do harm; but if it be bad, which is often the caſe, or ſubſtituted in the room of ſolid food, it muſt have many ill effects.

The arts of cookery render many things unwholeſome, which are not ſo in their own nature. By jumbling together a number of different ingredients, in order to make a poignant ſauce, or rich ſoup, the compoſition proves almoſt a poiſon. All high ſeaſoning, pickles, &c. are only incentives to luxury, and never fail to hurt the ſtomach. Plain roaſting or boiling is all that the ſtomach requires. Theſe alone are ſufficient for people in health, and the ſick have ſtill leſs need of a cook.

The liquid part of our aliment likewiſe claims our attention. Water is not only the baſis of moſt liquors, but alſo compoſes a great part of our ſolid food. Good water muſt therefore be of great importance in diet.—The beſt water is that which is moſt pure, and free from any mixture of foreign bodies. Water takes up parts of moſt bodies with which it comes into contact; by this means it is often impregnated with metals or minerals of a hurtful or poiſonous nature. Hence the inhabitants of ſome hilly countries have peculiar diſeaſes, which in all probability proceed from the water. Thus the people who live near the Alps, in Switzerland, and the inhabitants of the Peak of Derbyſhire, in England, have large tumours or wens on their

their necks. This diſeaſe is generally imputed to the ſnow water; but there is more reaſon to believe it is owing to the minerals in the mountains through which the waters paſs.

When water is impregnated with foreign bodies it generally appears by its weight, colour, taſte, ſmell, heat, or ſome other ſenſible quality. Our buſineſs therefore is to chuſe ſuch water, for common uſe, as is lighteſt, and without any particular colour, taſte, or ſmell. In moſt places of Britain the inhabitants have it in their power to make choice of their water; and few things would contribute more to health than a due attention to this article. But mere indolence often induces people to make uſe of the water that is neareſt to them, without conſidering its qualities.

Before water is brought into great towns, the ſtricteſt attention ought to be paid to its qualities, as many diſeaſes may be occaſioned or aggravated by bad water; and when once it has been procured at a great expence, people are unwilling to give it up.

The common methods of rendering water clear by filtration, or ſoft by expoſing it to the ſun and air, &c. are ſo generally known that we need not explain them. We ſhall only, in general, adviſe all to avoid waters which ſtagnate long in ſmall lakes, or the like, as ſuch waters often become putrid, by the corruption of animal and vegetable bodies with which they abound. Even cattle frequently ſuffer by drinking, in dry ſeaſons, water which has ſtood long in ſmall reſervoirs, without being ſupplied by ſprings, or freſhened with ſhowers. All wells ought to be kept clean, and to have a free communication with the air.

As fermented liquors, notwithſtanding they have been exclaimed againſt by many writers, ſtill continue to be the common drink of almoſt every perſon who can afford them; we ſhall endeavour rather to aſſiſt people in the choice of theſe liquors, than pretend to condemn what cuſtom has ſo firmly eſtabliſhed. It is not the moderate uſe of ſound fermented liquors which hurts mankind: it is exceſs, and uſing ſuch as are ill prepared or vitiated. Fermented

Fermented liquors, which are too ſtrong, hurt digeſtion; and the body is ſo far from being ſtrengthened by them, that it is weakened and relaxed. Many imagine that hard labour could not be ſupported without drinking ſtrong liquors; this is a very erroneous notion. Men who never taſte ſtrong liquors are not only able to endure more fatigue, but alſo live much longer, than thoſe who uſe them daily. But ſuppoſe ſtrong liquors did enable a man to do more work, they muſt nevertheleſs waſte the powers of life, and occaſion premature old age. They keep up a conſtant fever, which exhauſts the ſpirits, inflames the blood, and diſpoſes the body to numberleſs diſeaſes.

But fermented liquors may be too weak as well as too ſtrong: when that is the caſe, they muſt either be drank new, or they become ſour and dead: when ſuch liquors are drank new, the fermentation not being over, they generate air in the bowels, and occaſion flatulencies; and, when kept till ſtale, they turn ſour on the ſtomach, and hurt digeſtion. For this reaſon all malt-liquors, cyder, &c. ought to be of ſuch ſtrength as to keep till they be ripe, and then they ſhould be uſed. When ſuch liquors are kept too long, though they ſhould not become ſour, yet they generally contract a hardneſs which renders them unwholeſome.

All families, who can, ought to prepare their own liquors. Since preparing and vending of liquors became one of the moſt general branches of buſineſs, every method has been tried to adulterate them. The great object both to the makers and venders of liquors is, to render it intoxicating, and give it the appearance of age. But it is well known that this may be done by other ingredients than thoſe which ought to be uſed for making it ſtrong. It would be imprudent even to name thoſe things which are daily made uſe of to render liquors heady. Suffice it to ſay, that the practice is very common, and that all the ingredients uſed for

for this purpoſe are of a narcotic or ſtupefactive quality. But as all opitates are poiſonous, it is eaſy to ſee what muſt be the conſequence of their general uſe. Though they do not kill ſuddenly, yet they hurt the nerves, relax and weaken the ſtomach, and ſpoil the digeſtion.

Were fermented liquors faithfully prepared, kept to a proper age, and uſed in moderation, they would prove real bleſſings to mankind. But, while they are ill prepared, various ways adulterated, and taken to exceſs, they muſt have many pernicious effects.

We would recommend it to families, not only to prepare their own liquors, but likewiſe their bread. Bread is ſo neceſſary a part of diet, that too much care cannot be beſtowed in order to have it ſound and wholeſome. For this purpoſe, it is not only neceſſary that it be made of good grain, but likewiſe properly prepared, and kept free from all unwholeſome ingredients. This, however we have reaſon to believe is not always the caſe with bread prepared by thoſe who make a trade of vending it. Their object is rather to pleaſe the eye, than to conſult the health. The beſt bread is that which is neither too coarſe nor too fine; well fermented, and made of wheat flower, or rather of wheat and rye mixed together.

To ſpecify the different kinds of aliment, to explain their nature and properties, and to point out their effects in different conſtitutions, would far exceed the limits of our deſign. Inſtead of a detail of this kind, which would not be generally underſtood, and of courſe little attended to, we ſhall only mention the following eaſy rules with reſpect to the choice of aliment.

Perſons whoſe ſolids are weak and relaxed, ought to avoid all viſcid food, or ſuch things as are hard of digeſtion. Their diet, however, ought to be nouriſhing; and they ſhould take ſufficient exerciſe in the open air.

Such

Such as abound with blood ſhould be ſparing in the uſe of every thing that is highly nouriſhing, as fat meat, rich wines, ſtrong ale, and ſuch like. Their food ſhould conſiſt chiefly of bread and other vegetable ſubſtances; and their drink ought to be water, whey, or ſmall beer.

Fat people ſhould not eat freely of oily nouriſhing diet. They ought frequently to uſe raddiſh, garlic, ſpices, or ſuch things as are heating and promote perſpiration and urine. Their drink ſhould be water, coffee, tea, or the like; and they ought to take much exerciſe and little ſleep.

Thoſe who are too lean muſt follow an oppoſite courſe.

Such as are troubled with acidities, or whoſe food is apt to ſour on the ſtomach, ſhould live much on animal food; and thoſe who are afflicted with hot alkaline eructations, ought to uſe a diet conſiſting chiefly of acid vegetables.

People who are affected with the gout, low ſpirits, hypochondriac or hyſteric diſorders, ought to avoid all flatulent food, every thing that is viſcid, or hard of digeſtion, all ſalted or ſmoke-dried proviſions, and whatever is auſtere, acid, or apt to turn ſour on the ſtomach. Their food ſhould be light, ſpare, cool, and of an opening nature.

The diet ought not only to be ſuited to the age and conſtitution, but alſo to the manner of life: a ſedentary or ſtudious perſon ſhould live more ſparingly than one who labours hard without doors. Many kinds of food will nouriſh a peaſant very well which would be almoſt indigeſtible to a citizen; and the latter would live upon a diet on which the former would ſtarve.

Diet ought not to be too uniform. The conſtant uſe of one kind of food might have ſome bad effects. Nature teaches us this, by the great variety of aliment which ſhe has provided for man, and likewiſe by giving him an appetite for different kinds of food.

Thoſe

Thoſe who labour under any particular diſeaſe, ought to avoid ſuch aliments as have a tendency to increaſe it: for example, a gouty perſon ſhould not indulge in rich wines, ſtrong ſoups, or gravies, and ſhould avoid all acids. One who is troubled with the gravel ought to ſhun all auſtere and aſtringent aliments; and thoſe who are ſcorbutic ſhould be ſparing in the uſe of ſalted proviſions, &c.

In the firſt period of life, our food ought to be light, but nouriſhing, and frequently taken. Food that is ſolid, with a ſufficient degree of tenacity, is moſt proper for the ſtate of manhood. The diet ſuited to the laſt period of life, when nature is upon the decline, approaches nearly to that of the firſt. It ſhould be lighter and more ſucculent than that of vigorous age, and likewiſe more frequently taken.

It is not only neceſſary for health that our diet be wholeſome, but alſo that it be taken at regular periods. Some imagine long faſting will atone for exceſs; but this, inſtead of mending the matter, generally makes it worſe. When the ſtomach and inteſtines are over diſtended with food, they loſe their proper tone, and by long faſting, they become weak, and inflated with wind. Thus, either gluttony or faſting deſtroys the powers of digeſtion.

The frequent repetition of aliment is not only neceſſary for repairing the continual waſte of our bodies, but likewiſe to keep the fluids ſound and ſweet. Our humours, even in the moſt healthy ſtate, have a conſtant tendency to putrefaction, which can only be prevented by frequent ſupplies of freſh nouriſhment: when that is wanting too long, the putrefaction often proceeds ſo far as to occaſion very dangerous fevers. From hence we may learn the neceſſity of regular meals. No perſon can enjoy a good ſtate of health, whoſe veſſels are either frequently overcharged, or the humours long deprived of freſh ſupplies of chyle.

Long faſting is extremely hurtful to young peo-

ple; it not only vitiates their humours, but prevents their growth. Nor is it leſs injurious to the aged. Moſt perſons in the decline of life, are afflicted with wind: this complaint is not only increaſed, but even rendered dangerous, and often fatal, by long faſting. Old people, when their ſtomachs are empty, are frequently ſeized with giddineſs, head-achs, and faintneſs. Theſe complaints may generally be removed by a piece of bread and a glaſs of wine, or taking any other ſolid food; which plainly points out the method of preventing them.

It is more than probable, that many of the ſudden deaths, which happen in the advanced periods of life, are occaſioned by faſting too long, as it exhauſts the ſpirits, and fills the bowels with wind; we would therefore adviſe people in the decline of life, never to allow their ſtomachs to be too long empty. Many people take nothing but a few cups of tea and a little bread, from nine o'clock at night till two or three next afternoon. Such may be ſaid to faſt almoſt three-fourths of their time. This can hardly fail to ruin the appetite, vitiate the humours, and fill the bowels with wind; all which might be prevented by a ſolid breakfaſt.

It is a very common practice to eat a light breakfaſt and a heavy ſupper. This cuſtom ought to be reverſed. When people ſup late, their ſupper ſhould be very light; but the breakfaſt ought always to be ſolid. If any one eats a light ſupper, goes ſoon to bed, and riſes betimes in the morning, he will be ſure to find an appetite for his breakfaſt, and he may freely indulge it.

The ſtrong and healthy do not indeed ſuffer ſo much from faſting as the weak and delicate; but they run great hazard from its oppoſites, viz. repletion. Many diſeaſes, eſpecially fevers, are the effect of a plethora, or too great fullneſs of the veſſels. Strong people, in high health, have generally a great quantity

tity of blood and other humours. When theſe are ſuddenly increaſed, by an overcharge of rich and nouriſhing diet, the veſſels become too much diſtended, and obſtructions and inflammations enſue. Hence ſo many people are ſeized with inflammatory and eruptive fevers, apoplexies, &c. after a feaſt or debauch.

All great and ſudden changes in diet are dangerous. What the ſtomach has been long accuſtomed to digeſt, though leſs wholeſome, will agree better with it than food of a more ſalutary nature to which it has not been uſed. When therefore a change becomes neceſſary, it ought always to be made gradually; a ſudden tranſition from a poor and low, to a rich and luxurious diet or the contrary, might ſo diſturb the functions of the body as to endanger health, or even to occaſion death itſelf.

When we recommend regularity in diet, we would not be underſtood as condemning every ſmall deviation from it. It is next to impoſſible for people at all times to avoid ſome degree of exceſs, and living too much by rule might make even the ſmalleſt deviation dangerous. It may therefore be prudent to vary a little, ſometimes taking more, ſometimes leſs, than the uſual quantity of meat and drink, provided always that a due regard be had to moderation.

CHAP. IV.

Of Air.

UNWHOLESOME air is a very common cauſe of diſeaſes. Few are aware of the danger ariſing from it. People generally pay ſome attention to what they eat or drink, but ſeldom regard what goes into the lungs, though the latter proves often more ſuddenly fatal than the former.

Air, as well as water, takes up parts of moſt bodies with which it comes in contact, and is often ſo repleniſhed with thoſe of a noxious quality, as to occaſion immediate death. But ſuch violent effects ſeldom happen, as people are generally on their guard againſt them. The leſs perceptible influences of bad air prove more generally hurtful to mankind; we ſhall therefore endeavour to point out ſome of theſe, and to ſhew whence the danger chiefly ariſes.

Air may become noxious many ways. Whatever greatly alters its degree of heat, cold, moiſture, &c. renders it unwholeſome: for example, that which is too hot diſſipates the watery parts of the blood, exalts the bile, and renders the whole humours aduſt and thick. Hence proceed bilious and inflammatory fevers, cholera morbus, &c. Very cold air obſtructs the perſpiration, conſtringes the ſolids, and condenſes the fluids. It occaſions rheumatiſms, coughs, and catarrhs, with other diſeaſes of the throat and breaſt. Air that is too moiſt deſtroys the elaſticity or ſpring of the ſolids, induces phlegmatic or lax conſtitutions, and diſpoſes the body to agues, or intermitting fevers, dropſies, &c.

Wherever great numbers of people are crowded into one place, if the air has not a free circulation, it

it ſoon becomes unwholeſome. Hence it is that delicate perſons are ſo apt to turn ſick or faint in crowded churches, aſſemblies, or any place where the air is injured by breathing, fires, candles, or the like.

In great cities ſo many things tend to contaminate the air, that it is no wonder it proves ſo fatal to the inhabitants. The air in cities is not only breathed repeatedly over, but is likewiſe loaded with ſulphur, ſmoke, and other exhalations, beſides the vapours continually ariſing from innumerable putrid ſubſtances, as dunghills, ſlaughter-houſes, &c. All poſſible care ſhould be taken to keep the ſtreets of large towns open and wide, that the air may have a free current through them. They ought likewiſe to be kept very clean. Nothing tends more to pollute and contaminate the air of a city than dirty ſtreets.

It is very common in this country to have churchyards in the middle of populous cities. Whether this be the effect of ancient ſuperſtition, or owing to the increaſe of ſuch towns, is a matter of no conſequence. Whatever gave riſe to the cuſtom, it is a bad one. It is habit alone which reconciles us to theſe things; by means of which the moſt ridiculous, nay pernicious cuſtoms, often become ſacred. Certain it is, that thouſands of putrid carcaſſes, ſo near the ſurface of the earth, in a place where the air is confined, cannot fail to taint it; and that ſuch air, when breathed into the lungs, muſt occaſion diſeaſes.

Burying within churches is a practice ſtill more deteſtable. The air in churches is ſeldom good, and the effluvia from putred carcaſſes muſt render it ſtill worſe. Churches are commonly old buildings with arched roofs. They are ſeldom open above once a week, are never ventilated by fires nor open windows, and rarely kept clean. This occaſions that damp, muſty, unwholeſome ſmell which one feels upon entering a church, and renders it a very unſafe place

place for the weak and valetudinary. Theſe inconveniences might, in a great meaſure, be obviated, by prohibiting all perſons from burying within churches, by keeping them clean, and permitting a ſtream of freſh air to paſs frequently through them, by opening oppoſite doors and windows.

Wherever air ſtagnates long, it becomes unwholeſome. Hence the unhappy perſons confined in jails not only contract malignant fevers themſelves, but often communicate them to others. Nor are many of the holes, for we cannot call them houſes, poſſeſſed by the poor in great towns, much better than jails. Theſe low dirty habitations are the very lurking places of bad air and contagious diſeaſes. Such as live in them ſeldom enjoy good health; and their children commonly die young. In the choice of a houſe, thoſe who have it in their power ought always to pay the greateſt attention to open free air.

The various methods which luxury has invented to make houſes cloſe and warm, contribute not a little to render them unwholeſome. No houſe can be wholeſome unleſs the air has a free paſſage through it. For which reaſon houſes ought daily to be ventilated, by opening oppoſite windows, and admitting a current of freſh air into every room. Beds, inſtead of being made up as ſoon as people riſe out of them, ought to be turned down, and expoſed to the freſh air from the open windows through the day. This would expel any noxious vapour, and could not fail to promote the health of the inhabitants.

In hoſpitals, jails, ſhips, &c. where that cannot be conveniently done, ventilators ſhould be uſed. The method of expelling foul, and introducing freſh air, by means of ventilators, is a moſt ſalutary invention, and is indeed the moſt uſeful of all our modern medical improvements. It is capable of univerſal application, and is fraught with numerous advantages, both to thoſe in health and ſickneſs. In all places where numbers

numbers of people are crowded together, ventilation becomes abſolutely neceſſary.

Air which ſtagnates in mines, wells, cellars, &c. is extremely noxious. That kind of air is to be avoided as the moſt deadly poiſon. It often kills almoſt as quickly as lightning. For this reaſon, people ſhould be very cautious in opening cellars that have been long ſhut, or going down into deep wells or pits, eſpecially if they have been kept cloſe covered.

Many people who have ſplendid houſes, chuſe to ſleep in ſmall apartments. This conduct is very imprudent. A bed chamber ought always to be well aired; as it is generally occupied in the night only, when all doors and windows are ſhut. If a fire be kept in it, the danger from a ſmall room becomes ſtill greater. Numbers have been ſtifled when aſleep by a fire in a ſmall apartment, which is always hurtful.

Thoſe who are obliged, on account of buſineſs, to ſpend the day in cloſe towns, ought, if poſſible, to ſleep in the country. Breathing free air in the night will, in ſome meaſure, make up for the want of it through the day. This practice would have a greater effect in preſerving the health of citizens than is commonly imagined.

Delicate perſons ought, as much as poſſible, to avoid the air of great towns. It is peculiarly hurtful to the aſthmatic and conſumptive. Such perſons ſhould avoid cities as they would the plague. The hypochondriac are likewiſe much hurt by it. I have often ſeen perſons ſo much afflicted with this malady while in town, that it ſeemed impoſſible for them to live, who, upon being removed to the country, were immediately relieved. The ſame obſervation holds with regard to nervous and hyſteric women. Many people, indeed, have it not in their power to change their ſituation in queſt of better air. All we can ſay to ſuch perſons is, that they ſhould go as often abroad into the open air as they can, that they ſhould admit freſh air frequently into their houſes and take care to keep them very clean.

It

It was neceſſary in former times, for ſafety to ſurround cities, colleges, and even ſingle houſes, with high walls. Theſe, by obſtructing the free current of air, never fail to render ſuch places damp and unwholeſome. As ſuch walls are now, in moſt parts of this country, become uſeleſs, they ought to be pulled down, and every method taken to admit a free paſſage to the air. Proper attention to AIR and CLEANLINESS would tend more to preſerve the health of mankind, than all the preſcriptions of the faculty.

Surrounding houſes too cloſely with plantations of thick woods, likewiſe tends to render the air unwholeſome. Wood not only obſtructs the free current of the air, but ſends forth great quantities of moiſt exhalations, which render it conſtantly damp. Wood is very agreeable at a proper diſtance from a houſe, but ſhould never be planted too near it, eſpecially in a flat country. Many of the gentlemen's ſeats in England are rendered very unwholeſome from the great quantity of wood which ſurrounds them.

Houſes ſituated in low marſhy countries, or near large lakes of ſtagnating water, are likewiſe unwholeſome. Waters which ſtagnate not only render the air damp, but load it with putrid exhalations, which produce the dangerous and fatal diſeaſes. Thoſe who are obliged to inhabit marſhy countries, ought to make choice of the drieſt ſituations they can find, to live generouſly, and to pay the ſtricteſt regard to cleanlineſs.

If freſh air be neceſſary for thoſe in health, it is ſtill more ſo for the ſick, who often loſe their lives for want of it. The notion that ſick people muſt be kept very hot, is ſo common, that one can hardly enter the chamber where a patient lies, without being ready to faint, by reaſon of the hot ſuffocating ſmell. How this muſt affect the ſick, any one may judge! No medicine is ſo beneficial to the ſick as freſh air. It is the moſt reviving of all cordials, if it be adminiſtered with prudence. We are not, however, to throw open doors and windows at random upon the ſick. Freſh

air

air is to be let into the chamber gradually, and, if poſſible, by opening the windows of ſome other apartment.

The air of a ſick perſon's chamber may be greatly freſhened, and the patient much revived, by ſprinkling the floor, bed, &c. frequently with vinegar, juice of lemon, or any other ſtrong vegetable acid.

In places where numbers of ſick are crouded into the ſame houſe, or, which is often the caſe, into the ſame apartment, the frequent admiſſion of freſh air becomes abſolutely neceſſary. Infirmaries, hoſpitals, &c. are often rendered ſo noxious, for want of proper ventilation, that the ſick run more hazard from them than from the diſeaſe. This is particularly the caſe when putrid fevers, dyſenteries, and other infectious diſeaſes prevail.

Phyſicians, ſurgeons, and others who attend hoſpitals, ought, for their own ſafety, to take care that they be properly ventilated. Such perſons as are obliged to ſpend moſt of their time amongſt the ſick, run great hazard of being themſelves infected when the air is bad. All hoſpitals, and places of reception for the ſick, ought to have an open ſituation, at ſome diſtance from any great town, and ſuch patients as labour under any infectious diſeaſe ought never to be ſuffered to come near the reſt.

CHAP. V.

Of Exercise.

MANY people look upon the neceſſity man is under of earning his bread by labour as a curſe. Be this as it may, it is evident from the ſtructure of the body, that exerciſe is not leſs neceſſary than food for the preſervation of health: thoſe whom poverty obliges to labour for daily bread, are not only the moſt healthy, but generally the moſt happy part of mankind. Induſtry ſeldom fails to place them above want, and activity ſerves them inſtead of phyſic.—This is peculiarly the caſe with thoſe who live by the culture of the ground. The great increaſe of inhabitants in infant colonies, and the longevity of ſuch as follow agriculture every where, evidently prove it to be the moſt healthy as well as the moſt uſeful employment.

The love of activity ſhews itſelf very early in man. So ſtrong is this principle, that a healthy youth cannot be reſtrained from exerciſe, even by the fear of puniſhment. Our love of motion is ſurely a ſtrong proof of its utility. Nature implants no diſpoſition in vain. It ſeems to be a catholic law throughout the whole animal creation, that no creature, without exerciſe, ſhould enjoy health, or be able to find ſubſiſtence. Every creature, except man, takes as much of it as is neceſſary. He alone, and ſuch animals as are under his direction, deviate from this original law, and they ſuffer accordingly.

Inactivity never fails to induce an univerſal relaxation of the ſolids, which diſpoſes the body to innumerable diſeaſes. When the ſolids are relaxed, neither the digeſtion nor any of the ſecretions can be duly performed. In this caſe the worſt conſequences

muſt

muſt enſue. How can perſons who loll all day in eaſy chairs, and ſlumber all night on beds of down, fail to be relaxed? Nor do ſuch greatly mend the matter, who never ſtir abroad but in a choach, ſedan, or the like. Theſe elegant pieces of luxury are become ſo common, that the inhabitants of great towns ſeem to be in ſome danger of loſing the uſe of their limbs altogether. It is now below any one to walk, who can afford to be carried. How ridiculous would it ſeem, to a perſon unacquainted with modern luxury, to behold the young and healthy ſwinging along on the ſhoulders of their fellow-creatures! or, to ſee a fat carcaſe, over-run with diſeaſes occaſioned by inactivity, dragged through the ſtreets by half a dozen horſes!

Glandular obſtructions, now ſo common, generally proceed from inactivity. Theſe are the moſt obſtinate of maladies. So long as the liver, kidnies, and other glands, duly perform their functions, health is ſeldom impaired; but when they fail, nothing can reſtore it. Exerciſe is almoſt the only cure we know for glandular obſtructions; indeed, it does not always ſucceed as a remedy: but there is reaſon to believe that it would ſeldom fail to prevent theſe complaints, were it uſed in due time. One thing is certain, that, among thoſe who take ſufficient exerciſe, glandular diſeaſes are very little known; whereas the indolent and inactive are ſeldom free from them.

Weak nerves are the conſtant companions of inactivity. Nothing but exerciſe and open air can brace and ſtrengthen the nerves, or prevent the endleſs train of diſeaſes which proceed from a relaxed ſtate of theſe organs. We ſeldom hear the active or laborious complain of nervous diſeaſes; theſe are reſerved for the ſons of eaſe and affluence. Many have been completely cured of theſe diſorders by being reduced, from a ſtate of opulence, to labour for their daily bread. This plainly points out the ſources from whence nervous diſeaſes flow, and the means by which they may be prevented.

It is abſolutely impoſſible to enjoy health, where the perſpiration is not duly carried on: but that can never be the caſe where exerciſe is neglected. When the matter which ought to be thrown off by perſpiration is retained in the body, it vitiates the humours, and occaſions the gout, fevers, rheumatiſm, &c. Exerciſe alone would prevent many of thoſe diſeaſes which cannot be cured, and would remove others where medicine proves ineffectual.

The late Dr. Cheyne, in his excellent treatiſe on health, ſays that the weak and valetudinary ought to make exerciſe a part of their religion. We recommend this, not only to the weak and valetudinary, but to all whoſe buſineſs does not oblige them to take ſufficient exerciſe, as ſedentary artificers, ſhopkeepers, ſtudious perſons, &c. Such ought to uſe exerciſe as regularly as they take food. This might generally be done without any interruption to buſineſs or real loſs of time.

No piece of indolence hurts the health more than the modern cuſtom of lying a-bed too long in a morning. This is the general practice in great towns. The inhabitants of cities ſeldom riſe before eight or nine o'clock; but the morning is undoubtedly the beſt time for exerciſe, while the ſtomach is empty, and the body refreſhed with ſleep. Beſides, the morning air braces and ſtrengthens the nerves, and, in ſome meaſure, anſwers the purpoſe of a cold bath. Let any one who has been accuſtomed to lie a-bed till eight or nine o'clock, riſe by ſix or ſeven, ſpend a couple of hours in walking, riding, or any other active diverſion without doors, and he will find his ſpirits cheerful and ſerene through the day, his appetite keen, and his body braced and ſtrengthened. Cuſtom ſoon renders early riſing agreeable, and nothing contributes more to the preſervation of health.

The inactive are continually complaining of pains of the ſtomach, flatulencies, indigeſtions, &c. Theſe complaints, which pave the way to many others, are

not

not to be removed by medicines. They can only be cured by a vigorous courſe of exerciſe, to which indeed they ſeldom fail to yield.

Exerciſe, if poſſible, ought always to be taken in the open air. When that cannot be done, various methods may be contrived for exerciſing the body within doors, as the dumb bell, dancing, fencing, &c. It is not neceſſary to adhere ſtrictly to any particular kind of exerciſe. The beſt way is to take them by turns, and to uſe that longeſt which is moſt ſuitable to the ſtrength and conſtitution. Thoſe kinds of exerciſe which give action to moſt of the bodily organs, are always to be perferred, as walking, running, riding, digging, rubbing furniture, and ſuch like.

It much to be regretted, that active and manly diverſions are now ſo little practiſed. Diverſions make people take more exerciſe than they otherwiſe would do, and are of the greateſt ſervice to ſuch as are not under the neceſſity of labouring for their bread. As active diverſions loſe ground, thoſe of a ſedentary kind ſeem to prevail. Sedentary diverſions are of no other uſe but to conſume time. Inſtead of relieving the mind, they often require more thought than either ſtudy or buſineſs. Every thing that induces people to ſit ſtill, unleſs it be ſome neceſſary employment, ought to be avoided.

The diverſions which afford the beſt exerciſe are, hunting, ſhooting, playing at cricket, hand ball, golff, &c. Theſe exerciſe the limbs, promote perſpiration, and the other ſecretions. They likewiſe ſtrengthen the lungs, and give firmneſs and agility to the whole body.

Such as can, ought to ſpend two or three hours a-day on horſeback; thoſe who cannot ride ſhould employ the ſame time in walking. Exerciſe ſhould never be continued too long. Over-fatigue prevents the benefit of exerciſe, and inſtead of ſtrengthening the body, tends to weaken it.

Every man ſhould lay himſelf under ſome ſort of neceſſity

ceſſity to take exerciſe. Indolence, like other vices when indulged, gains ground, and at length becomes agreeable. Hence many who were fond of exerciſe in the early part of life, become quite averſe to it afterwards. This is the caſe of moſt hypochondriac and gouty people, which renders their diſeaſes in a great meaſure incurable.

In ſome countries laws have been made, obliging every man, of whatever rank, to learn ſome mechanical employment. Whether ſuch laws were deſigned for the preſervation of health, or the encouragement of manufacture, is a queſtion of no importance. Certain it is, that if gentlemen were frequently to amuſe and exerciſe themſelves in this way, it might have many good effects. They would at leaſt derive as much honour from a few maſterly ſpecimens of their own workmanſhip, as from the character of having ruined moſt of their companions by gaming and drinking. Beſides, men of leiſure, by applying themſelves to the mechanical arts, might improve them, to the great benefit of ſociety.

Indolence not only occaſions diſeaſes, and renders men uſeleſs to ſociety, but promotes all manner of vice. To ſay a man is idle is little better than to call him vicious. The mind if not engaged in ſome uſeful purſuit, is conſtantly in queſt of ideal pleaſures, or impreſſed with the apprehenſion of imaginary evil.—From theſe ſources proceed moſt of the miſeries of mankind. Certainly man was never intended to be idle. Inactivity fruſtrates the very deſign of his creation; whereas an active life is the beſt guardian of virtue, and the greateſt preſervative of health.

CHAP.

CHAP. VI.

Of Sleep and Clothing.

SLEEP, as well as diet, ought to be duly regulated. Too little ſleep weakens the nerves, exhauſts the ſpirits, and occaſions diſeaſes; and too much renders the mind dull, the body groſs, and diſpoſes to apoplexies, lethargies, and other complaints of a ſimlar nature. A medium ought therefore to be obſerved; but this is not eaſy to fix. Children require more ſleep than grown perſons, the laborious than the idle, and ſuch as eat and drink freely, than thoſe who live abſtemiouſly. Beſides, the real quantity of ſleep cannot be meaſured by time; as one perſon will be more refreſhed by five or ſix hours ſleep, than another with eight or ten.

Children may be allowed to take as much ſleep as they pleaſe; but for adults, ſix or ſeven hours is certainly ſufficient, and no one ought to exceed eight. Thoſe who lie a-bed more than eight hours may ſlumber, but they can hardly be ſaid to ſleep; ſuch generally toſs and dream away the forepart of the night, ſink to reſt towards morning, aud doſe till noon. The beſt means to make ſleep ſound and refreſhing is to riſe betimes. The cuſtom of lying a-bed for nine or ten hours, not only makes the ſleep leſs refreſhing, but relaxes the ſolids, and greatly weakens the conſtitution.

Nature points out night as the proper ſeaſon for ſleep. Nothing more certainly deſtroys the conſtitution than night-watching. It is great pity that a practice ſo deſtructive to health ſhould be ſo much in faſhion. How quickly the want of reſt in due ſeaſon will

will blaſt the moſt blooming complexion, or ruin the beſt conſtitution, is evident from the ghaſtly countenances of thoſe who, as the phraſe is, turn day into night, and night into day.

To make ſleep refreſhing, the following things are requiſite: Firſt, to take ſufficient exerciſe in the open air; to avoid ſtrong tea and coffee; next, to eat a light ſupper; and laſtly, to lie down with a mind as cheerful and ſerene as poſſible.

It is certain that too much exerciſe will prevent ſleep, as well as too little. We ſeldom, however, hear the active and laborious complain of reſtleſs nights. It is the indolent and ſlothful who generally have theſe complaints. Is it any wonder that a bed of down ſhould not be refreſhing to a perſon who ſits all day in an eaſy chair? A great part of the pleaſure of life conſiſts in alternate reſt and motion; but they who neglect the latter can never reliſh the former. The labourer enjoys more true luxury in plain food and ſound ſleep, than is to be found in ſumptuous tables and downy pillows, where exerciſe is wanting.

That light ſuppers cauſe ſound ſleep, is true even to a proverb. Many perſons, if they exceed the leaſt at that meal, are ſure to have uneaſy nights; and, if they fall aſleep, the load and oppreſſion on their ſtomach and ſpirits occaſion frightful dreams, broken and diſturbed repoſe, the night-mare, &c. Were the ſame perſons to go to bed with a light ſupper, or ſit up till that meal was pretty well digeſted, they would enjoy ſound ſleep, and riſe refreſhed and cheerful. There are indeed ſome people who cannot ſleep unleſs they have eat ſome ſolid food at night, but this does not imply the neceſſity of a heavy ſupper; beſides, theſe are generally perſons who have accuſtomed themſelves to this method, and who do not take a ſufficient quantity of ſolid food and exerciſe.

Nothing more certainly diſturbs our repoſe than anxiety. When the mind is not at eaſe, one ſeldom

enjoys

enjoys ſound ſleep. This greateſt of human bleſſings flies the wretched, and viſits the happy, the cheerful, and gay. This is a ſufficient reaſon why ever man ſhould endeavour to be as eaſy in his mind as poſſible when he goes to reſt. Many, by indulging grief and anxious thought, have baniſhed ſound ſleep ſo long, that they could never afterwards enjoy it.

Sleep, when taken in the fore part of the night, is generally reckoned moſt refreſhing. Whether this be the effect of habit or not, is hard to ſay; but as moſt people are accuſtomed to go early to bed when young, it may be preſumed that ſleep, at this ſeaſon, will prove moſt refreſhing to them ever after. Whether the fore-part of the night be beſt for ſleep or not, ſurely the fore-part of the day is fitteſt both for buſineſs and amuſement. I hardly ever knew an early riſer who did not enjoy a good ſtate of health.

OF CLOTHING.

The clothing ought to be ſuited to the climate. Cuſtom has no doubt a very great influence in this article; but no cuſtom can ever change the nature of things ſo far, as to render the ſame clothing fit for an inhabitant of Nova Zembla and the iſland of Jamaica. It is not indeed neceſſary to obſerve an exact proportion between the quantity of clothes we wear, and the degree of latitude which we inhabit; but, at the ſame time, proper attention ought to be paid to it, as well as to the openneſs of the country, the frequency and violence of ſtorms, &c.

In youth, while the blood is hot and the perſpiration free, it is leſs neceſſary to cover the body with a great quantity of clothes; but in the decline of life, when the ſkin becomes rigid and the humours more cool, the clothing ſhould be increaſed. Many diſeaſes in the latter period of life proceed from a defect of perſpiration: theſe may, in ſome meaſure, be prevented by a ſuitable addition to the clothing,

or by wearing ſuch as are better calculated for promoting the diſcharge from the ſkin, as cloths made of cotton, flannel, &c.

The clothing ought likewiſe to be ſuited to the ſeaſon of the year. Clothing may be warm enough for ſummer, which is by no means ſufficient for winter. The greateſt caution, however, is neceſſary in making theſe changes. We ought neither to put off our winter clothes too ſoon, nor to wear our ſummer ones too long. In this country, the winter often ſets in very early with great rigour, and we have frequently cold weather even after the commencement of the ſummer months. It would likewiſe be prudent not to make the change all at once, but to do it gradually; and indeed the changes of apparel in this climate ought to be very inconſiderable, eſpecially among thoſe who have paſſed the meridian of life.

Clothes often become hurtful by their being made ſubſervient to the purpoſes of pride or vanity. Mankind in all ages ſeem to have conſidered clothes in this view; accordingly their faſhion and figure have been continually varying, with very little regard either to health, the climate, or conveniency a farthingale, for example, may be very neceſſary in hot ſouthern climates, but ſurely nothing can be more ridiculous in the cold regions of the north.

Even the human ſhape is often attempted to be mended by dreſs, and thoſe who know no better believe that mankind would be monſtrous without its aſſiſtance. All attempts of this nature are highly pernicious. The moſt deſtructive of them in this country is that of ſqueezing the ſtomach and bowels into as narrow a compaſs as poſſible, to procure, what is falſely called, a fine ſhape. By this practice the action of the ſtomach and bowels, the motion of the heart and lungs, and almoſt all the vital functions, are obſtructed. Hence proceed indigeſtions, ſyncopes or fainting fits, coughs, conſumptions

tions of the lungs, and other complaints ſo common among females.

The feet likewiſe often ſuffer by preſſure. How a ſmall foot came to be reckoned genteel, I will not pretend to ſay; but certain it is, that this notion has made many perſons lame. Almoſt nine-tenths of mankind are troubled with corns: a diſeaſe that is ſeldom or never occaſioned but by ſtrait ſhoes. Corns are not only very troubleſome, but by rendering people unable to walk, they may likewiſe be conſidered as the remote cauſe of other diſeaſes.

The ſize and figure of the ſhoe ought certainly to be adapted to the foot. In children the feet are as well ſhaped as the hands, and the motion of the toes as free and eaſy as that of the fingers; yet few perſons in the advanced period of life are able to make any uſe of their toes. They are generally, by narrow ſhoes, ſqueezed all of a heap, and often laid over one another in ſuch a manner as to be rendered altogether incapable of motion. Nor is the high heel leſs hurtful than the narrow toe. A lady may ſeem taller for walking on her tiptoes, but ſhe will never walk well in this manner. It ſtrains her joints, diſtorts her limbs, makes her ſtoop, and utterly deſtroys all her eaſe and gracefulneſs of motion: it is entirely owing to ſhoes with high heels and narrow toes, that not one female in ten can be ſaid walk well.

In fixing on the clothes, due care ſhould betaken to avoid all tight bandages. Garters, buckles, &c. when drawn too tight, not only prevent the free motion and uſe of the parts about which they are bound, but likewiſe obſtruct the circulation of the blood, which prevents the equal nouriſhment and growth of theſe parts, and occaſions various diſeaſes. Tight bandages about the neck, as ſtocks, cravats, necklaces, &c. are extremely dangerous. They obſtruct the blood in its courſe from the brain, by which means headachs, vertigoes, apo-

plexies, and other fatal diſeaſes are often occaſioned.

The perfection of dreſs is to be eaſy and clean. Nothing can be more ridiculous, than for any one to make himſelf a ſlave to fine clothes. Such a one and many ſuch there are, would rather remain as fixt as a ſtatue from morning till night, than diſcompoſe a ſingle hair or alter the poſition of a pin. Were we to recommend any particular pattern for dreſs, it would be that which is worn by the people called Quakers. They are always neat, clean, and often elegant, without any thing ſuperfluous. What others lay out upon tawdry laces, ruffles, and ribands, they beſtow upon ſuperior cleanlineſs. Finery is only the affectation of dres, and very often covers a great deal of dirt.

We ſhall only add, with regard to clothing, that it ought not only to be ſuited to the climate, the ſeaſon of the year, and the period of life; but likewiſe to the temperature and conſtitution. Robuſt perſons are able to endure either cold or heat better than the delicate; conſequently may be leſs attentive to their clothing. But the preciſe quantity of clothes neceſſary for any perſon cannot be determined by reaſoning. It is entirely a matter of experience, and every man is the beſt judge for himſelf what quantity of clothes i sneceſſary to keep him warm.

CHAP.

CHAP. VII.

Of Intemperance.

A MODERN author obſerves, that temperance and exerciſe are the two beſt phyſicians in the world. He might have added, that if theſe were duly regarded, there would be little occaſion for any other. Temperance may juſtly be called the parent of health; yet numbers of mankind act as if they thought diſeaſe and death too ſlow in their progreſs, and by intemperance and debauch ſeem as it were to ſolicit their approach.

The danger of intemperance appears from the very conſtruction of the human body. Health depends on that ſtate of the ſolids and fluids which fits them for the due performance of the vital functions; and while thoſe go regularly on, we are ſound and well; but whatever diſturbs them neceſſarily impairs health. Intemperance never fails to diſorder the whole animal œconomy; it hurts the digeſtion, relaxes the nerves, renders the different ſecretions irregular, vitiates the humours, and occaſions numberleſs diſeaſes.

The analogy between the nouriſhment of plants and animals affords a ſtriking proof of the danger of intemperance. Moiſture and manure greatly promote vegetation; yet an over-quantity of either will entirely deſtroy it. The beſt things become hurtful, nay deſtructive, when carried to exceſs. Hence we learn, that the higheſt degree of human wiſdom conſiſts in regulating our appetites and paſſions ſo as to avoid all extremes. It is that chiefly which entitles us to the character of rational beings. The ſlave of appetite will ever be the diſgrace of human nature.

The

The Author of Nature hath endued us with various paſſions, for the propagation of the ſpecies, the preſervation of the individual, &c. Intemperance is the abuſe of theſe paſſions; and moderation conſiſts in the proper regulation of them. Men, not contented with ſatisfying the ſimple calls of Nature, create artifical wants, and are perpetually in ſearch after ſomething that may gratify them; but imaginary wants can never be gratified. Nature is content with little; but luxury knows no bounds. Hence the epicure, the drunkard, and the debauchee ſeldom ſtop in their career till their money or their conſtitution fails: then indeed they generally ſee their error when too late.

It is impoſſible to lay down fixed rules with regard to diet, on account of the different conſtitutions of mankind. The moſt ignorant perſon, however, certainly knows what is meant by exceſs; and it is in the power of every man, if he chooſes, to avoid it.

The great rule of diet is to ſtudy ſimplicity. Nature delights in the moſt plain and ſimple food, and every animal, except man, follows her dictates. Man alone riots at large, and ranſacks the whole creation in queſt of luxuries, to his own deſtruction. An elegant writer of the laſt age ſpeaks thus of intemperance in diet: "For my part, when I behold a "faſhionable table ſet out in all its magnificence, "I fancy that I ſee gouts and dropſies, fevers and "lethargies, with other innumerable diſtempers, "lying in ambuſcade among the diſhes."

Nor is intemperance in other things leſs deſtructive than in diet. How quickly does the immoderate purſuit of carnal pleaſures, or the abuſe of intoxicating liquors, ruin the beſt conſtitution! Indeed theſe vices generally go hand in hand. Hence it is that we ſo often behold the votaries of Bacchus and Venus, even before they have arrived at the prime of life, worn out with diſeaſes, and haſtening with ſwift pace to an untimely grave. Did men reflect on the

the painful diſeaſes and premature deaths, which are daily occaſioned by intemperance, it would be ſufficient to make them ſhrink back with horror from the indulgence even of their darling pleaſures.

Intemperance does not hurt its votaries alone; the innocent too often feel the direful effects of it. How many wretched orphans are to be ſeen embracing dunghills, whoſe parents, regardleſs of the future, ſpent in riot and debauch what might have ſerved to bring up their offspring in a decent manner! How often do we behold the miſerable mother, with her helpleſs infants, pining in want, while the cruel father is indulging his inſatiate appetites!

Families are not only reduced to miſery, but even extirpated, by intemperance. Nothing tends ſo much to prevent propagation, and to ſhorten the lives of children, as the intemperance of parents. The poor man who labours all day, and at night lies down contented with his humble fare, can boaſt a numerous offspring, while his pampered lord, ſunk in eaſe and luxury, often languiſhes without an heir to his ample fortunes. Even ſtates and empires feel the influence of intemperance, and riſe or fall as it prevails.

Inſtead of mentioning the different kinds of intemperance, and pointing out their influence upon health we ſhall only, by way of example, make a few obſervations on one particular ſpecies of that vice, viz. the abuſe of intoxicating liquors.

Every act of intoxication puts nature to the expence of a fever, in order to diſcharge the poiſonous draught. When this is repeated almoſt every day, it is eaſy to foreſee the conſequences. That conſtitution muſt be ſtrong indeed, which is able long to hold out under a daily fever! but fevers occaſioned by drinking do not always go off in a day; they frequently end in an inflammation of the breaſt, liver, or brain, and produce fatal effects.

Though the drunkard ſhould not fall by an acute diſeaſe, he ſeldom eſcapes thoſe of a chronic kind.

Intoxicating

Intoxicating liquors, when uſed to exceſs, weaken the bowels and ſpoil the digeſtion; they deſtroy the power of the nerves, and occaſion paralytic and convulſive diſorders; they likewiſe heat and inflame the blood, deſtroy its balſamic quality, render it unfit for circulation, and the nouriſhment of the body. Hence obſtructions, atrophies, dropſies, and conſumptions of the lungs. Theſe are the common ways in which drunkards make their exit. Diſeaſes of this kind, when brought on by hard drinking, ſeldom admit of a cure.

Many people injure their health by drinking, who ſeldom get drunk. The continual habit of ſoaking, as it is called, though its effects be not ſo violent, is not leſs pernicious. When the veſſels are kept conſtantly full and upon the ſtretch, the different digeſtions can neither be duly performed, nor the humours properly prepared. Hence moſt people of this character are afflicted with the gout, the gravel, ulcerous ſores in the legs, &c. If theſe diſorders do not appear, they are ſeized with low ſpirits, hypochondriacal affections, and other ſymptoms of indigeſtion.

Conſumptions are now ſo common, that it is thought one-tenth of the inhabitants of great towns die of that diſeaſe. Hard drinking is no doubt one of the cauſes to which we muſt impute the increaſe of conſumptions. The great quantities of viſcid malt liquor drank by the common people of England, cannot fail to render the blood ſizy and unfit for circulation; from whence proceed obſtructions, and inflammations of the lungs. There are few great ale-drinkers who are not phthiſical: nor is that to be wondered at, conſidering the glutinous and almoſt indigeſtible nature of ſtrong ale.

Thoſe who drink ardent ſpirits or ſtrong wines run ſtill greater hazard; theſe liquors heat and inflame the blood, and tear the tender veſſels of the lungs to pieces; yet ſo great is the conſumption of them in this

this country, that one would almoſt be induced to think that the inhabitants lived upon them.

The habit of drinking proceeds frequently from misfortunes in life. The miſerable fly to it for relief. It affords them indeed a temporary eaſe. But, alas! this ſolace is ſhort lived; and when it is over, the ſpirits ſink as much below their uſual tone as they had before been raiſed above it. Hence a repetition of the doſe becomes neceſſary, and every freſh doſe makes way for another, till the unhappy wretch becomes a ſlave to the bottle, and at length falls a ſacrifice to what at firſt perhaps was taken only as a medicine No man is ſo dejected as the drunkard when his debauch is gone off. Hence it is, that thoſe who have the greateſt flow of ſpirits while the glaſs circulates freely, are of all others the moſt melancholy when ſober, and often puts an end to their own miſerable exiſtence in a fit of ſpleen or ill humour.

Drunkenneſs not only proves deſtructive to health, but likewiſe to the faculties of the mind. It is ſtrange that creatures who value themſelves on account of a ſuperior degree of reaſon to that of brutes, ſhould take pleaſure in ſinking ſo far below them. Were ſuch as voluntary deprive themſelves of the uſe of reaſon, to continue ever after in that condition, it would but ſeem a juſt puniſhment. Though this be not the conſequence of one act of intoxication, it ſeldom fails to ſucceed a courſe of it. By a habit of drinking, the greateſt genius is often reduced to a mere idiot.

Intoxication is peculiarly hurtful to young perſons. It heats their blood, impairs their ſtrength, and obſtructs their growth; beſides, the frequent uſe of ſtrong liquors in the early part of life deſtroys any benefit that might ariſe from them afterwards. Thoſe who make a practice of drinking generous liquors when young, cannot expect to reap any benefit from them as a cordial in the decline of life.

Drunkeneſs is not only in itſelf a moſt abominable vice, but is an inducement to many others. There is hardly any crime ſo horrid that the drunkard will not perpetrate for the love of liquor. We have known mothers ſell their children's clothes, the food that they ſhould have eat, and afterwards even the infants themſelves, in order to purchaſe the accurſed draught.

CHAP.

CHAP. VIII.

Of Cleanlineſs.

THE want of cleanlineſs is a fault which admits of no excuſe. Where water can be had for nothing, it is ſurely in the power of every perſon to be clean. The continual diſcharge from our bodies by perſpiration, renders frequent change of apparel neceſſary. Changing apparel greatly promotes the ſecretion from the ſkin, ſo neceſſary for health. When that matter which ought to be carried off by perſpiration is either retained in the body, or reſorbed from dirty clothes, it muſt occaſion diſeaſes.

Diſeaſes of the ſkin are chiefly owing to want of cleanlineſs. They may indeed be caught by infection, or brought on by poor living, unwholeſome food, &c. but they will ſeldom continue long where cleanlineſs prevails. To the ſame cauſe muſt we impute the various kinds of vermin which infeſt the human body, houſes, &c. Theſe may always be baniſhed by cleanlineſs alone, and wherever they abound, we have reaſon to believe it is neglected.

One common cauſe of putrid and malignant fevers is the want of cleanlineſs. Theſe fevers commonly begin among the inhabitants of cloſe dirty houſes, who breathe unwholeſome air, take little exerciſe, and wear dirty clothes. There the infection is generally hatched, which often ſpreads far and wide, to the deſtruction of many. Hence cleanlineſs may be conſidered as an object of public attention. It is not ſufficient that I be clean myſelf, while the want of it in my neighbour affects my health as well as his. If dirty people cannot be removed as a common nuiſance, they ought at leaſt to be avoided as infectious. All who regard their health ſhould keep at a diſtance even from their habitations.

In places where great numbers of people are collected, cleanlineſs becomes of the utmoſt importance. It is well known that infectious diſeaſes are communicated by tainted air. Every thing, therefore, which tends to pollute the air, or ſpread the infection, ought with the utmoſt care to be guarded againſt. For this reaſon, in great towns, no filth, of any kind, ſhould be permitted to lie upon the ſtreets. Nothing is more apt to convey infection than the excrements of the diſeaſed.

In many great towns the ſtreets are little better than dunghills, being frequently covered with aſhes, dung, and naſtineſs of every kind. Even ſlaughter-houſes, or killing ſhambles, are often to be ſeen in the very centre of great towns. The putrid blood, excrements, &c. with which theſe places are generally covered, cannot fail to taint the air, and render it unwholeſome. How eaſily might this be prevented by active magiſtrates, who have it always in their power to make proper laws relative to things of this nature, and to enforce the obſervance of them.

We are ſorry to ſay, that the importance of general cleanlineſs does not ſeem to be ſufficiently underſtood by the magiſtrates of moſt great towns in Britain; though health, pleaſure, and delicacy, all conſpire to recommend an attention to it. Nothing can be more agreeable to the ſenſes, more to the honour of the inhabitants, or more conducive to their health, than a clean town; nor can any thing impreſs a ſtranger with a more diſreſpectful idea of any people than its oppoſite. Whatever pretenſions people may make to learning, politeneſs, or civilization, we will venture to affirm, that while they neglect cleanlineſs, they are in a ſtate of barbarity.

The peaſants in moſt countries ſeem to hold cleanlineſs in a ſort of contempt. Were it not for the open ſituation of their houſes, they would often feel the bad effects of this diſpoſition. One ſeldom ſees a farmhouſe without a dunghill before the door, and frequently

frequently the cattle and their maſters lodge under the ſame roof. Peaſants are likewiſe extremely careleſs with reſpect to change of apparel, keeping their houſes, &c. clean. This is merely the effect of indolence and a dirty diſpoſition. Habit may indeed render it leſs diſagreeable to them, but no habit can ever make it ſalutary to wear dirty clothes or breathe unwholeſome air.

As many articles of diet come through the hands of peaſants, every method ſhould be taken to encourage and promote habits of cleanlineſs among them. This, for example, might be done by giving a ſmall premium to the perſon who brings the cleaneſt and beſt article of any kind to market, as butter, cheeſe, &c. and by puniſhing ſeverely thoſe who bring it dirty. The ſame method ſhould be taken with butchers, bakers, brewers, and all who are employed in preparing the neceſſaries of life.

In camps the ſtricteſt regard ſhould be paid to cleanlineſs. By negligence in this matter, infectious diſeaſes are often ſpread among a whole army; and frequently more die of theſe than by the ſword. The Jews, during their incampments in the wilderneſs, received particular inſtructions with reſpect to cleanlineſs. The rules enjoined them ought to be obſerved by all in the like ſituation. Indeed the whole ſyſtem of laws delivered to that people has a manifeſt tendency to promote cleanlineſs. Whoever conſiders the nature of their climate, the diſeaſes to which they were liable, and their dirty diſpoſition, will ſee the propriety of ſuch laws.

It is remarkable that, in moſt eaſtern countries, cleanlineſs makes a great part of their religion. The Mahometan, as well as the Jewiſh religion enjoins various bathings, waſhings, and purifications. No doubt theſe might be deſigned to repreſent inward purity: but they were at the ſame time calculated for the preſervation of health. However whimſical theſe waſhings may appear to ſome, few things would tend more to prevent diſeaſes than a proper attention

attention to many of them. Were every perſon, for example, after viſiting the ſick, handling a dead body, or touching any thing that might convey infection, to waſh before he went into company, or ſat down to meat, he would run leſs hazard either of catching the infection himſelf, or of communicating it to others.

Frequent waſhing not only removes the filth and ſordes which adhere to the ſkin, but likewiſe promotes the perſpiration, braces the body, and enlivens the ſpirits. How refreſhed, how cheerful, and agreeable does one feel on being ſhaved, waſhed, and ſhifted; eſpecially when theſe offices have been neglected longer than uſual!

The eaſtern cuſtom of waſhing the feet, though leſs neceſſary in this country, is nevertheleſs a very agreeable piece of cleanlineſs, and contributes greatly to the preſervation of health. The ſweat and dirt with which theſe parts are frequently covered, cannot fail to obſtruct the perſpiration. This piece of cleanlineſs would often prevent colds and fevers. Were people careful to bathe their feet and legs in lukewarm water at night, after being expoſed to cold or wet through the day, they would ſeldom experience the ill effects which often proceed from theſe cauſes.

A proper attention to cleanlineſs is no where more neceſſary than on ſhipboard. If epidemical diſtempers break out there, no one can be ſafe. The beſt way to prevent them, is to take care that the whole company be cleanly in their clothes, bedding, &c. When infectious diſeaſes do break out, cleanlineſs is the moſt likely means to prevent their ſpreading: it is likewiſe neceſſary to prevent their returning afterwards, or being conveyed to other places. For this purpoſe, the clothes, bedding &c. of the ſick ought to be carefully waſhed, and fumigated with brimſtone. Infection will lodge a long time in dirty clothes, and afterwards break out in the moſt terrible manner.

In

In places where great numbers of ſick people are collected together, cleanlineſs ought to be moſt religiouſly obſerved. The very ſmell in ſuch places is often ſufficient to make one ſick. It is eaſy to imagine what effect that is likely to have upon the diſeaſed. In an hoſpital or infirmary, where cleanlineſs is neglected, a perſon in perfect health has a greater chance to become ſick, than a ſick perſon has to get well.

Few things are more unaccountable than that neglect, or rather dread of cleanlineſs, which appears among thoſe who have the care of the ſick; they think it almoſt criminal to ſuffer any thing that is clean to come near a perſon in a fever, for example, and would rather allow him to wallow in all manner of filth, than change the leaſt bit of his linen. If cleanlineſs be neceſſary for perſons in health, it is certainly more ſo for the ſick. Many diſeaſes may be cured by cleanlineſs alone; moſt of them might be mitigated by it; and, where it is neglected, the ſlighteſt diſorders are often changed into the moſt malignant. The ſame miſtaken care which prompted people to prevent the leaſt admiſſion of freſh air to the ſick, ſeems to have induced them to keep them dirty. Both theſe deſtructive prejudices will, we hope, be ſoon entirely eradicated.

Cleanlineſs is certainly agreeable to our nature. We cannot help approving it in others, even though we ſhould not practiſe it ourſelves. It ſooner attracts our regard than even finery itſelf, and often gains eſteem where that fails. It is an ornament to the higheſt as well as the loweſt ſtation, and cannot be diſpenſed with in either. Few virtues are of more importance to ſociety than general cleanlineſs. It ought to be carefully cultivated every where; but in populous cities it ſhould be almoſt revered.

CHAP.

CHAP. IX.

Of Infection.

MANY diſeaſes are infectious. Every perſon ought therefore, as far as he can, to avoid all communication with the diſeaſed. The common practice of viſiting the ſick, though often well meant, has many ill conſequences. Far be it from us to diſcourage any act of charity or benevolence, eſpecially towards thoſe in diſtreſs; but we cannot help blaming ſuch as endanger their own or their neighbours lives, by a miſtaken friendſhip or an impertinent curioſity.

The houſes of the ſick, eſpecially in the country, are generally crowded from morning till night with idle viſitors. It is cuſtomary, in ſuch places for ſervants and young people to wait upon the ſick by turns, and even to ſit up with them all night. It would be a miracle indeed ſhould ſuch always eſcape. Experience teaches us the danger of this conduct. People often catch fevers in this way, and communicate them to others, till at length they become epidemic.

It would be thought highly improper for one who has not had the ſmall-pox, to wait upon a patient in that diſeaſe; yet many other fevers are almoſt as infectious as the ſmall-pox, and not leſs fatal. Some imagine that fevers prove more fatal in villages than in great towns, for want of proper medical aſſiſtance. This may ſometimes be the caſe; but we are inclined to think it oftener proceeds from the cauſe above mentioned.

Were a plan to be laid down for communicating infection, it could be not done more effectually than by the common method of viſiting the ſick.—

Such

Such viſitors not only endanger themſelves and their connections, but likewiſe hurt the ſick. By crowding the houſe they render the air unwholeſome, and by their private whiſpers and diſmal countenances diſturb the imagination of the patient; and depreſs his ſpirits. Perſons who are ill, eſpecially in fevers, ought to be kept as quiet as poſſible. The ſight of ſtrange faces, and every thing that diſturbs the mind, hurts them.

The common practice in country places of inviting great numbers of people to funerals, and crowding them into the ſame apartment where the corpſe lies, is another way of ſpreading infection. The infection does not always die with the patient. Every thing that comes into contact with his body while alive, receives the contagion; and ſome of them, as clothes, blankets, &c. will retain it for a long time. Perſons who die of infectious diſorders ought not to lie long unburied; and people ſhould keep as much as poſſible at a diſtance from them.

It would tend greatly to prevent the ſpreading of infectious diſeaſes, if thoſe in health were kept at a proper diſtance from the ſick. The Jewiſh Legiſlator, among many other wiſe inſtitutions for preſerving health, has been peculiarly attentive to the means of preventing infection, or *defilement* as it is called, either from a diſeaſed perſon or a dead body. In many caſes the diſeaſed were to be ſeparated from thoſe in health; and was deemed a crime even to approach their habitations. If a perſon only touched a diſeaſed or dead body, he was appointed to waſh himſelf in water, and to keep for ſome time at a diſtance from ſociety.

Infectious diſeaſes are often communicated by clothes. It is extremely dangerous to wear apparel which has been worn by the diſeaſed, unleſs it has been well waſhed and fumigated, as infection may lodge a long time in it, and afterwards produce very tragical effects. This ſhews the danger of buying

at random the clothes which have been worn by other people.

Infectious diſorders are frequently imported. Commerce, together with the riches of foreign climes, bring us alſo their diſeaſes. Theſe do often more than counterbalance all the advantages of that trade by means of which they are introduced. It is to be regretted, that ſo little care is commonly beſtowed, either to prevent the introduction or ſpreading of infectious maladies. Some attention indeed is generally paid to the plague; but other diſeaſes paſs unregarded.

Infection is often ſpread through cities, by jails, hoſpitals, &c. Theſe are frequently ſituated in the very middle of populous towns; and when infectious diſeaſes break out in them, it is impoſſible for the inhabitants to eſcape. Did magiſtrates pay any regard to the health of the people, this evil might be eaſily remedied.

Many are the cauſes which tend to diffuſe infection through populous cities. The whole atmoſphere of a large town is one contaminated maſs, abounding with various kinds of infection, and muſt be pernicious to health. The beſt advice that we can give to ſuch as are obliged to live in large cities, is to chuſe an open ſituation; to avoid narrow, dirty, crowded, ſtreets; to keep their own houſe and office clean; and to be as much abroad in the open air as their time will permit.

It would tend greatly to prevent the ſpreading of infectious diſeaſes, were proper nurſes every where employed to take care of the ſick. This might often ſave a family, or even a whole town, from being infected by one perſon. We do not mean that people ſhould abandon their friends or relations in diſtreſs, but only to put them on their guard againſt being too much in company with thoſe who are afflicted with diſeaſes of an infectious nature.

Such as wait upon the ſick in infectious diſeaſes run very great hazard. They ſhould ſtuff their noſes with tobacco, or ſome other ſtrong ſmelling herb

herb, as rue, tanſy, or the like. They ought likewiſe to keep the patient very clean, to ſprinkle the room where he lies with vinegar, or other ſtrong acids, frequently to admit a ſtream of freſh air into it, and to avoid the ſmell of his breath as much as poſſible. They ought never to go into company without having changed their clothes and waſhed their hands; otherwiſe, if the diſeaſe be infectious, they will in all probability carry the contagion along with them.

However trifling it may appear to inconſiderate perſons, we will venture to affirm, that a due attention to thoſe things which tend to diffuſe infection would be of great importance in preventing diſeaſes. As moſt diſeaſes are in ſome degree infectious, no one ſhould continue long with the ſick, except the neceſſary attendants. We mean not, however, by this caution, to deter thoſe whoſe duty or office leads them to wait upon the ſick, from ſuch a laudable and neceſſary employment.

Many things are in the power of the magiſtrate which would tend to prevent the ſpreading of infection; as the promoting of public cleanlineſs; removing jails, hoſpitals, burying grounds, and other places where infection may be generated, at a proper diſtance from great towns; widening the ſtreets; pulling down uſeleſs walls, and taking all methods to promote a free circulation of air through every part of the town, &c. Public hoſpitals, or proper places for the reception of the ſick, provided they were kept clean, well ventilated, and placed in an open ſituation, would likewiſe tend to prevent the ſpreading of infection. Such places of reception would prevent the poor, when ſick, from being viſited by their idle or officious neighbours. They would likewiſe render it unneceſſary for ſick ſervants to be kept in their maſter's houſes. Maſters had better pay for having their ſervants taken care of in an hoſpital, than run the hazard of having an infectious diſeaſe diffuſed among a numerous family. Sick ſer-

vants and poor people, when placed in hoſpitals, are not only leſs apt to diffuſe infection among their neighbours, but have likewiſe the advantage of being well attended.

We are not, however, to learn that hoſpitals, inſtead of preventing infection, may become the means of diffuſing it. When they are placed in the middle of great towns; when numbers of patients are crowded together in ſmall apartments; when there is a conſtant communication kept up between the citizens and the patients; and when cleanlineſs and ventilation are neglected, they become neſts for hatching diſeaſes, and every one who goes into them not only runs a riſk of receiving infection himſelf, but likewiſe of communicating it to others. This, however, is not the fault of the hoſpitals, but of thoſe who have the management of them. It were to be wiſhed, that they were both more numerous, and upon a more reſpectable footing, as that would induce people to go into them with leſs reluctance. This is the more to be deſired, becauſe moſt of the putrid fevers and other infectious diſorders break out among the poor, and are by them communicated to all ranks. Were proper attention paid to the firſt appearances of ſuch diſorders, and the patients early conveyed to an hoſpital, we ſhould ſeldom ſee a putrid fever, which is almoſt as infectious as the plague, become epidemic.

CHAP.

CHAP. X.

Of the Paſſions.

THE paſſions have great influence both in the cauſe and cure of diſeaſes. How the mind affects the body, will in all probability ever remain a ſecret. It is ſufficient for us to know, that there is eſtabliſhed a reciprocal influence between the mental and corporeal parts, and that whatever injures the one diſorders the other.

OF ANGER.

The paſſion of anger ruffles the mind, diſtorts the countenance, hurries on the circulation of the blood, and diſorders the whole vital and animal functions. It often occaſions fevers and other acute diſeaſes; and ſometimes even ſudden death. This paſſion is peculiarly hurtful to the delicate, and thoſe of weak nerves. We have known ſuch perſons frequently loſe their lives by a violent fit of anger, and would adviſe them to guard againſt the exceſs of this paſſion with the utmoſt care.

It is not, indeed, always in our power to prevent being angry; but we may ſurely avoid harbouring reſentment in our breaſt. Reſentment preys upon the mind, and occaſions the moſt obſtinate chronical diſorders, which gradually waſte the conſtitution.—Nothing ſhews true greatneſs of mind more than to forgive injuries; it promotes the peace of ſociety, and greatly conduces to our own eaſe, health, and felicity.

Such as value health ſhould avoid violent guſts of anger, as they would the moſt deadly poiſon. Neither ought they to indulge reſentment, but to endeavour

at

at all times to keep their minds calm and ſerene. Nothing tends ſo much to the health of the body as a conſtant tranquillity of mind.

OF FEAR.

The influence of fear, both in occaſioning and aggravating diſeaſes, is very great. No man ought to be blamed for a decent concern about life; but too great a deſire to preſerve it is often the cauſe of loſing it. Fear and anxiety, by depreſſing the ſpirits, not only diſpoſe us to diſeaſes, but often render thoſe diſeaſes fatal which an undaunted mind would overcome.

Sudden fear has generally violent effects. Epileptic fits, and other convulſive diſorders, are often occaſioned by it. Hence the danger of that practice, ſo common among young people, of frightening one another. Many have loſt their lives, and others have been rendered miſerable, by frolics of this kind! It is dangerous to tamper with the human paſſions. The mind may eaſily be thrown into ſuch diſorder as never again to act with regularity.

But the gradual effects of fear prove moſt hurtful. The conſtant dread of ſome future evil, by dwelling upon the mind, often occaſions the very evil itſelf.—Hence it comes to paſs, that ſo many die of thoſe very diſeaſes of which they long had a dread, or which had been impreſſed on their minds by ſome accident, or fooliſh prediction. This, for example, is often the caſe with women in child-bed. Many of thoſe who die in that ſituation are impreſſed with the notion of their death a long time before it happens; and there is reaſon to believe that this impreſſion is often the cauſe of it.

The methods taken to impreſs the minds of women with the apprehenſions of the great pain and peril of child-birth, are very hurtful. Few women die in labour, though many loſe their lives after it; which may be thus accounted for. A woman after delivery, finding herſelf weak and exhauſted, immediately apprehends

prehends ſhe is in danger; but this fear ſeldom fails to obſtruct the neceſſary evacuations, upon which her recovery depends. Thus the ſex often fall a ſacrifice to their own imaginations, where there would be no danger, did they apprehend none.

It ſeldom happens that two or three women in a great town die in child-bed, but their death is followed by many others. Every woman of their acquaintance who is with child dreads the ſame fate, and the diſeaſe becomes epidemical by the mere force of imagination. This ſhould induce pregnant women to diſpiſe fear, and by all means to avoid thoſe tatling goſſips who are continually buzzing in their ears the misfortunes of others. Every thing that may in the leaſt alarm a pregnant or child-bed woman, ought with the greateſt care to be guarded againſt.

Many women have loſt their lives in child-bed by the old ſuperſtitious cuſtom, ſtill kept up in moſt parts of Britain, of tolling the pariſh bell for every perſon who dies. People who think themſelves in danger are very inquiſitive; and if they come to know that the bell tolls for one who died in the ſame ſituation with themſelves, what muſt be the conſequence? At any rate they are apt to ſuppoſe that this is the caſe, and it will be found a very difficult matter to perſuade them to the contrary.

But this cuſtom is not pernicious to child-bed women only. It is hurtful in many caſes. When low fevers, in which it is difficult to ſupport the patient's ſpirits, prevail; what muſt be the effect of a funeral peal ſounding five or ſix times a day in his ears? No doubt his imagination will ſuggeſt that others died of the ſame diſeaſe under which he labours. This apprehenſion will have a greater tendency to depreſs his ſpirits, than all the cordials of which medicine can boaſt will have to raiſe them.

If this uſeleſs piece of ceremony cannot be aboliſhed, we ought to keep the ſick as much from hearing it as poſſible, and from every other thing that may tend

tend to alarm them. So far, however, is this from being attended to, that many make it their buſineſs to viſit the ſick, on purpoſe to whiſper diſmal ſtories in their ears. Such may paſs for ſympathizing friends, but they ought rather to be conſidered as enemies. All who wiſh well to the ſick ought to keep ſuch perſons at the greateſt diſtance from them.

A cuſtom has long prevailed among phyſicians of prognoſticating, as they call it, the patient's fate, or foretelling the iſſue of the diſeaſe. Vanity, no doubt, introduced this practice, and ſtill ſupports it, in ſpite of common ſenſe and the ſafety of mankind. Dr. Buchan ſays, he knew a phyſician barbarous enough to boaſt, that he pronounced more ſentences that all his Majeſty's judges. Would to God that ſuch ſentences were not often equally fatal! It may, indeed, be alledged, that the doctor does not declare his opinion before the patient. So much the worſe. A ſenſible patient had better hear what the doctor ſays, than learn it from the diſconſolate looks, the watery eyes, and the broken whiſpers of thoſe about him. It ſeldom happens, when the doctor gives an unfavourable opinion, that it can be concealed from the patient. The very embarraſſment which the friends and attendants ſhew in diſguiſing what he has ſaid, is generally ſufficient to diſcover the truth.

Kind Heaven has, for the wiſeſt ends, concealed from mortals their fate; and we do not ſee what right any man has to announce the death of another, eſpecially if ſuch a declaration has a chance to kill him. Mankind are indeed very fond of prying into future events, and ſeldom fail to ſolicit the phyſician for his opinion. A doubtful anſwer, however, or one that tends to encourage the hopes of the ſick, is ſurely the moſt proper. This conduct could neither hurt the patient nor the phyſician. Nothing tends more to deſtroy the credit of phyſic than thoſe bold prognoſticators, who, by the bye, are generally the moſt ignorant of the faculty. The miſtakes which daily happen in this way are ſo many ſtanding proofs of human vanity, and the weakneſs of ſcience. We

We readily admit, that there are cafes where the phyfician ought to give intimation of the patient's danger to fome of his near connections; though even this ought always to be done with great caution: but it can never be neceffary in any cafe that the whole town and country fhould know, immediately after the doctor has made his firft vifit, that he has no hopes of his patient's recovery! Perfons whofe impertinent curiofity leads them to queftion the phyfician, with regard to the fate of his patient, certainly deferves no other than an evafive anfwer.

The vanity of foretelling the fate of the fick is not peculiar to the faculty. Others follow their example, and thofe who think themfelves wifer than their neighbours often do much hurt in this way. Humanity furely calls upon every one to comfort the fick, and not to add to their affliction by alarming their fears. A friend, or even a phyfician, may do more good by a mild and fympathizing behaviour than by medicine, and fhould never neglect to adminifter that greateft of all cordials, Hope.

OF GRIEF.

Grief is the moft deftructive of all the paffions. Its effects are permanent; and when is finks deep into the mind, it generally proves fatal. Anger and fear, being of a more violent nature, feldom laft long; but grief often changes into a fixed melancholy, which preys upon the fpirits, and waftes the conftitution. This paffion ought not to be indulged. It may generally be conquered at the beginning; but when it has gained ftrength, all attempts to remove it are vain.

No perfon can prevent misfortunes in life; but it fhews true greatnefs of mind to bear them with ferenity. Many perfons make a merit of indulging grief, and when misfortunes happen, they obftinately refufe all confolation, till the mind, overwhelmed with melancholy, finks under the load!

Such conduct is not only destructive to health, but inconsistent with reason, religion, and common sense.

Change of ideas is as necessary for health as change of posture. When the mind dwells long upon one subject, especially of a disagreeable nature, it hurts the whole functions of the body. Hence grief indulged spoils the digestion and destroys the appetite; by which means the spirits are depressed, the nerves relaxed, the bowels inflated with wind, and the humours, for want of fresh supplies of chyle, vitiated. Thus many an excellent constitution has been ruined by a family misfortune, or any thing that occasions excessive grief.

It is utterly impossible that any person of a dejected mind should enjoy health. Life may indeed be dragged out for a few years; but whoever would live to a good old age, must be good humoured and cheerful. This, indeed, is not altogether in our own power; yet our temper of mind, as well as our actions, depend greatly upon ourselves. We can either associate with cheerful or melancholy companions, mingle in the amusements and offices of life, or sit still and brood over our calamities as we choose. These, and many such things, are certainly in our power, and from these the mind generally takes its cast.

The variety of scenes which present themselves to the senses, were certainly designed to prevent our attention from being too long fixed upon any one object. Nature abounds with variety, and the mind, unless fixed down by habit, delights in contemplating new objects. This at once points out the method of relieving the mind in distress. Turn the attention frequently to new objects. Examine them for some time. When the mind begins to recoil, shift the scene. By this means a constant succession of new ideas may be kept up, till the disagreeable ones entirely disappear. Thus travelling, the study of any arts or science, reading, or writing on such subjects as deeply engage the attention, will sooner expel grief than the most sprightly amusements.

It

It has already been obſerved, that the body cannot be healthy unleſs it be exerciſed; neither can the mind. Indolence nouriſhes grief. When the mind has nothing elſe to think of but calamities, no wonder that it dwells there. Few people who purſue buſineſs with attention are hurt by grief. Inſtead therefore of abſtracting ourſelves from the world or buſineſs when misfortunes happen, we ought to engage in it with more than uſual attention, to diſcharge with double diligence the functions of our ſtation, and to mix with friends of a cheerful and ſocial temper.

Innocent amuſements are by no means to be neglected. Theſe, by leading the mind inſenſibly to the contemplation of agreeable objects, help to diſpel the gloom which misfortunes caſt over it. They make time ſeem leſs tedious, and have many other happy effects.

Some perſons, when overwhelmed with grief, betake themſelves to drinking. This is making the cure worſe than the diſeaſe. It ſeldom fails to end in the ruin of fortune, character, and conſtitution.

OF LOVE.

Love is, perhaps, the ſtrongeſt of all the prſſions; at leaſt, when it becomes violent, it is leſs ſubject to the controul either of the underſtanding or will, than any of the reſt. Fear, anger, and ſeveral other paſſions, are neceſſary for the preſervation of the individual, but love is neceſſary for the continuation of the ſpecies itſelf: it was therefore proper that this paſſion ſhould be deeply rooted in the human breaſt.

Though love be a ſtrong paſſion, it is ſeldom ſo rapid in its progreſs as ſeveral of the others. Few perſons fall deſperately in love all at once. We would therefore adviſe every one, before he tampers with this paſſion, to conſider well the probability of his being able to obtain the object of his wiſhes. When that is not likely, he ſhould avoid every occaſion of

increasing it. He ought immediately to flee the company of the beloved object; to apply his mind attentively to business or study; to take every kind of amusement; and above all, to endeavour, if possible, to find out another object which may engage his affections, and which it may be in his power to obtain.

There is no passion with which people are so ready to tamper as love, although none is more dangerous. Some men make love for amusement, others from mere vanity, or on purpose to shew their consequence with the fair! This is, perhaps, the greatest piece of cruelty which any one can be guilty of. What we eagerly wish for we easily credit. Hence the too credulous fair are often betrayed into a situation which is truly deplorable, before they are able to discover that the pretended lover was only in jest. But there is no jesting with this passion. When love is got to a certain height, it admits of no cure but the possession of its object, which in this case ought always, if possible, to be obtained.

OF RELIGIOUS MELANCHOLY.

Many persons of a religious turn of mind behave as if they thought it a crime to be cheerful. They imagine the whole of religion consists in certain mortifications, or denying themselves the smallest indulgence, even of the most innocent amusements. A perpetual gloom hangs over their countenances, while the deepest melancholy preys upon their minds. At length the fairest prospects vanish, every thing puts on a dismal appearance, and those very objects which ought to give delight, afford nothing but disgust. Life itself becomes a burthen, and the unhappy wretch, persuaded that no evil can equal what he feels, often puts an end to his miserable existence.

It is great pity that ever religion should be so far perverted, as to become the cause of those very evils which it was designed to cure! Nothing can be better calculated than True Religon, to raise and support

ſupport the mind of its votaries under every affliction that can befal them. It teaches men that even the ſufferings of this life are preparatory to the happineſs of the next; and that all who perſiſt in a courſe of virtue ſhall at length arrive at complete felicity.

Perſons whoſe buſineſs it is to recommend religion to others, ſhould beware of dwelling too much on gloomy ſubjects. That peace and tranquillity of mind which true religion is calculated to inſpire, is a more powerful argument in its favour than all the terrors that can be uttered. Terror may indeed deter men from outward acts of wickedneſs, but can never inſpire them with that love of God, and real goodneſs of heart, in which alone true religion conſiſts.

To conclude—the beſt way to counteract the violence of any paſſion, is to keep the mind cloſely engaged in ſome uſeful purſuit.

CHAP.

CHAP. XI.

Of the Common Evacuations.

THE principal evacuations from the human body are thoſe by ſtool, urine, and inſenſible perſpiration. None of theſe can be long obſtructed without impairing the health. When that which ought to be thrown out of the body is too long retained, it not only occaſions a plethora, or too great fulneſs of the veſſels, but acquires qualities which are hurtful to the health, as acrimony, putreſcence, &c.

OF THE EVACUATION BY STOOL.

Few things conduce more to health than keeping the body regular. When the fæces lie too long in the bowels, they vitiate the humours; and when they are too ſoon diſcharged, the body is not ſufficiently nouriſhed. A medium is therefore to be deſired, which can only be obtained by regularity in diet, ſleep, and exerciſe. Whenever the body is not regular, there is reaſon to ſuſpect a fault in one or other of theſe.

Perſons who eat and drink at irregular hours, and who eat various kind of food, and drink of ſeveral different liquors at every meal, have no reaſon to expect either that their digeſtion will be good, or their diſcharges regular. Irregularity in eating and drinking diſturbs every part of the animal œconomy, and never fails to occaſion diſeaſes. Either too much or too little food will have this effect. The former indeed generally occaſions looſeneſs, and the latter coſtiveneſs; but both have a tendency to hurt the health.

It would be difficult to aſcertain the exact number of ſtools which may be conſiſtent with health, as theſe differ in the different periods of life, in different conſtitutions,

conſtitutions, and even in the ſame conſtitution under a different regimen of diet, exerciſe, &c. It is however generally allowed, that one ſtool a-day is ſufficient for an adult, and that leſs is hurtful. But this like moſt general rules, admits of many exceptions. We have known perſons in perfect health who did not go to ſtool above once a-week. Such a degree of coſtiveneſs however is not ſafe; though the perſon who labours under it may for ſome time enjoy tolerable health, yet at length it may occaſion diſeaſes.

One method of procuring a ſtool every day is to riſe betimes, and go abroad in the open air. Not only the poſture in bed is unfavourable to regular ſtools, but alſo the warmth. This, by promoting the perſpiration, leſſens all the other diſcharges.

The method recommended for this purpoſe by Mr. Locke is likewiſe very proper, viz. to ſolicit nature, by going regularly to ſtool every morning whether one has a call or not. Habits of this kind may be acquired, which will in time become natural.

Perſons who have a frequent recourſe to medicines for preventing coſtiveneſs ſeldom fail to ruin their conſtitution. Purging medicines frequently repeated weaken the bowels, hurt the digeſtion, and every doſe makes way for another, till at length they become as neceſſary as daily bread. Thoſe who are troubled with coſtiveneſs ought rather, if poſſible, to remove it by diet than drugs. They ſhould likewiſe go thinly clothed, and avoid every thing of an aſtringent or of an heating nature. The diet and other regimen neceſſary in this caſe will be found under the article Coſtiveneſs, where this ſtate of the bowels is treated as a diſeaſe.

Such perſons as are troubled with an habitual looſeneſs ought likewiſe to ſuit their diet to the nature of their complaint. They ſhould uſe food which braces and ſtrengthens the bowels, and which is rather of an aſtringent quality, as wheat-bread made of the fineſt flour, cheeſe, eggs, rice boiled in milk, &c.

&c. Their drink ſhould be red port, claret, brandy and water, in which toaſted bread has been boiled, and ſuch like.

As an habitual looſeneſs is often owing to an obſtructed perſpiration, perſons affected with it ought to keep their feet warm, to wear flannel next their ſkin, and take every other method to promote the perſpiration.

OF URINE.

So many things tend to change both the quantity and appearances of the urine, that it is very difficult to lay down any determined rules for judging of either. Dr. Cheyne ſays, the urine ought to be equal to three-fourths of the liquid part of our aliment. But ſuppoſe any one were to take the trouble of meaſuring both, he would find that every thing which altered the degree of perſpiration, would alter this proportion, and likewiſe that different kinds of aliment would afford very different quantities of urine, which ought to be diſcharged, yet a perſon of common ſenſe will ſeldom be at a loſs to know when it is in either extreme.

As a free diſcharge of urine not only prevents but actually cures many diſeaſes, it ought by all means to be promoted; and every thing that may obſtruct it ſhould be carefully avoided. Both the ſecretion and diſcharge of urine are leſſened by a ſedentary life, ſleeping on beds that are too ſoft and warm, food of a dry and heating quality, liquors which are aſtringent and heating, as red port, claret, and ſuch like. Thoſe who have reaſon to ſuſpect that their urine is in too ſmall quantity, or who have any ſymptoms of the gravel, ought not only to avoid theſe things, but whatever elſe they find has a tendency to leſſen the quantity of their urine.

When the urine is too long retained, it is not only reſorbed, or taken up again into the maſs of fluids, but by ſtagnating in the bladder it becomes thicker, the more watery parts flying off firſt, and the more groſs

groſs and earthy remaining behind. By the conſtant tendency which theſe have to concrete, the formation of ſtones and gravel in the bladder is promoted. Hence it comes to paſs that indolent and ſedentary people are much more liable to theſe diſeaſes, than perſons of a more active life.

Many perſons have loſt their lives, and others have brought on very tedious, and even incurable diſorders by retaining their urine too long, from a falſe delicacy. When the bladder has been over-diſtended, it often loſes its power of action altogether, or becomes paralytic, by which means it is rendered unable either to retain the urine, or expel it properly. The calls of nature ought never to be poſtponed. Delicacy is doubtleſs a virtue, but that can never be reckoned true delicacy, which induces any one to riſk his health or hazard his life.

But the urine may be in too great as well as too ſmall a quantity. This may be occaſioned by drinking large quantities of weak watery liquors, by the exceſſive uſe of alkaline ſalts, or any thing that ſtimulates the kidneys, dilutes the blood, &c. This diſorder very ſoon weakens the body, and induces a conſumption. It is difficult to cure, but may be mitigated by ſtrengthening diet and aſtringent medicines.

OF THE PERSPIRATION.

Inſenſible perſpiration is generally reckoned the greateſt of all the diſcharges from the human body. It is of ſo great importance to health, that few diſeaſes attack us while it goes properly on; but when it is obſtructed, the whole frame is ſoon diſordered. This diſcharge however, being leſs perceptible than any of the reſt, is conſequently leſs attended to. Hence it is, that acute fevers, rheumatiſms, agues, &c. often proceed from obſtructed perſpiration before we are aware of its having taken place.

On examining patients, we find moſt of them impute their diſeaſes either to violent colds which they

had caught, or to ſlight ones which had been neglected. For this reaſon, inſtead of a critical inquiry into the nature of the perſpiration, its difference in different ſeaſons, climates, conſtitutions, &c. we ſhall endeavour to point out the cauſes which moſt commonly obſtruct it, and to ſhew how far they may be either avoided, or have their influence counteracted by timely care. The want of due attention to theſe, coſts Britain annually ſome thouſands of uſeful lives.

CHANGES IN THE ATMOSPHERE.

One of the moſt common cauſes of obſtructed perſpiration, or catching cold, in this country, is the changeableneſs of the weather, or ſtate of the atmoſphere. There is no place where ſuch changes happen more frequently than in Great Britain. With us the degrees of heat and cold are not only very different in the different ſeaſons of the year, but often change almoſt from one extreme to another in a few days, and ſometimes even in the courſe of one day. That ſuch changes muſt affect the ſtate of the perſpiration is obvious to every one.

The beſt method of fortifying the body againſt the changes of the weather, is to be abroad every day. Thoſe who keep moſt within doors are moſt liable to catch cold. Such perſons generally render themſelves ſo delicate as to feel even the ſlighteſt changes in the atmoſphere, and by their pains, coughs, and oppreſſions of the breaſt, &c. they become a kind of living barometers.

WET CLOTHES.

Wet clothes not only by their coldneſs obſtruct the perſpiration, but their moiſture, by being abſorbed, or taken up into the body, greatly increaſes the danger. The moſt robuſt conſtitution is not proof againſt the danger ariſing from wet clothes; they daily occaſion fevers, rheumatiſms, and other fatal diſorders, even in the young and healthy.

It

It is impoſſible for people who go frequently abroad to avoid ſometimes being wet. But the danger might generally be leſſened, if not wholly prevented, by changing their clothes ſoon; when this cannot be done, they ſhould keep in motion till they be dry. So far are many from taking this precaution that they often ſit or lie down in the fields with their clothes wet, and frequently ſleep even whole nights in this condition. The frequent inſtances which we have of the fatal effects of this conduct, ought certainly to deter all from being guilty of it.

WET FEET.

Even wet feet often occaſion fatal diſeaſes. The cholic, inflammations of the breaſt and of the bowels, the iliac paſſion, cholera morbus, &c. are often occaſioned by wet feet. Habit will, no doubt, render this leſs dangerous; but it ought, as far as poſſible, to be avoided. The delicate, and thoſe who are not accuſtomed to have their clothes or feet wet, ſhould be peculiarly careful in this reſpect.

NIGHT AIR.

The perſpiration is often obſtructed by night air; even in ſummer, this ought to be avoided. The dews which fall plentifully after the hotteſt day, make the night more dangerous than when the weather is cool. Hence, in warm countries, the evening dews are more hurtful than where the climate is more temperate.

It is very agreeable after a warm day to be abroad in a cool evening; but this is a pleaſure to be avoided by all who value their health. The effects of evening dews are gradual indeed, and almoſt imperceptible; but they are not the leſs to be dreaded: we would therefore adviſe travellers, labourers, and all who are much heated by day, carefully to avoid them. When the perſpiration has been great, theſe become dangerous in proportion. By not attend-

ing to this, in flat marſhy countries, where the exhalations and dews are copious, labourers are often ſeized with intermitting fevers, quinſeys, and other dangerous diſeaſes.

DAMP BEDS.

Beds become damp either from their not being uſed, ſtanding in damp houſes, or in rooms without fire, or from the linen not being dry when laid on the bed. Nothing is more to be dreaded by travellers than damp beds, which are very common in all places where fuel is ſcarce. When a traveller, cold and wet, arrives at an inn, he may by means of a good fire, warm diluting liquor, and a dry bed, have the perſpiration reſtored; but if he be put into a cold room, and laid in a damp bed, it will be more obſtructed, and the worſt conſequences will enſue. Travellers ſhould avoid inns which are noted for damp beds, as they would a houſe infected with the plague, as no man, however robuſt, is proof againſt the danger ariſing from them.

But inns are not the only places where damp beds are to be met with. Beds kept in private families for the reception of ſtrangers are often equally dangerous. All kinds of linen and bedding, when not frequently uſed, become damp. How then is it poſſible that beds, which are not ſlept in above two or three times a year, ſhould be ſafe? Nothing is more common than to hear people complain of having caught cold by changing their bed. The reaſon is obvious; were they careful never to ſleep in a bed but what was frequently uſed, they ſhould ſeldom find any ill conſequences from a change.

Nothing is more to be dreaded by a delicate perſon when on a viſit than being laid in a bed which is kept on purpoſe for ſtrangers. That ill-judged piece of complaiſance becomes a real injury. All the bad conſequences from this quarter might eaſily be prevented in private families, by cauſing their ſervants to ſleep in the ſpare beds, and reſign them to ſtrangers when

when they come. In inns, where the beds are uſed almoſt every night, nothing elſe is neceſſary than to keep the rooms well ſeaſoned by frequent fires, and the linen dry.

That baneful cuſtom ſaid to be practiſed in many inns, of damping ſheets, and preſſing them in order to ſave waſhing, and afterwards laying them on the beds, ought, when diſcovered, to be puniſhed with the utmoſt ſeverity. It is really a ſpecies of murder, and will often prove as fatal as poiſon or gunſhot. Indeed no linen, eſpecially if is has been waſhed in winter, ought to be uſed till it has been expoſed for ſome time to the fire; nor is this operation leſs neceſſary for linen waſhed in ſummer, provided it has lain by for any length of time. This caution is the more needful, as gentlemen are often exceedingly attentive to what they eat or drink at an inn, yet pay no regard to a circumſtance of much more importance.

DAMP HOUSES.

Damp houſes frequently produce the like ill conſequences; for this reaſon thoſe who build ſhould be careful to chuſe a dry ſituation. A houſe which ſtands on a damp marſhy ſoil or deep clay, will never be thoroughly dry. All houſes, unleſs where the ground is exceeding dry, ſhould have the firſt floor a little raiſed. Servants and others, who are obliged to live in cellars and ſunk ſtories, ſeldom continue long in health: maſters ought ſurely to pay ſome regard to the health of their ſervants, as well as to their own.

Nothing is more common than for people, merely to avoid ſome trifling inconveniency, to hazard their lives, by inhabiting a houſe almoſt as ſoon as the maſons, plaiſters, &c. have done with it: ſuch houſes are not only dangerous from their dampneſs, but likewiſe form the ſmell of lime, paint, &c. The aſthmas, conſumptions, and other diſeaſes of the lungs, ſo incident to people who work in theſe articles,

articles, are ſufficient proofs of their being unwholeſome.

Rooms are often rendered damp by an unſeaſonable piece of cleanlineſs; I mean the pernicous cuſtom of waſhing them immediately before company is put into them. Moſt people catch cold, if they ſit but a very ſhort time in a room that has been lately waſhed; the delicate ought carefully to avoid ſuch a ſituation, and even the robuſt are not always proof againſt its influence.

SUDDEN TRANSITIONS FROM HEAT TO COLD.

The perſpiration is commonly obſtructed by ſudden tranſitions from heat to cold. Colds are ſeldom caught, unleſs when people have been too much heated. Heat rarifies the blood, quickens the circulation, and increaſes the perſpiration; but when theſe are ſuddenly checked, the conſequences muſt be bad. It is indeed impoſſible for labourers not to be too hot upon ſome occaſions; but it is generally in their power to let themſelves cool gradually, to put on their clothes when they leave off work, to make choice of a dry place to reſt themſelves in, and to avoid ſleeping in the open fields. Theſe eaſy rules, if obſerved, would often prevent fevers and other fatal diſorders.

It is very common for people, when hot, to drink freely of cold water, or ſmall liquors. This conduct is extremely dangerous. Thirſt indeed is hard to bear, and the inclination to gratify that appetite frequently gets the better of reaſon, and makes us do what our judgment diſapproves. Every peaſant, however, knows, if his horſe be permitted to drink his bellyful of cold water after violent exerciſe, and be immediately put into the ſtable, or ſuffered to remain at reſt, that it will kill him. This they take the utmoſt care to prevent. It were well if they were equally attentive to their own ſafety.

Thirſt

Thirſt may be quenched many ways without ſwallowing large quantities of cold liquor. The fields afford variety of acid fruits and plants, the very chewing of which would abate thirſt. Water kept in the mouth for ſome time, and ſpit out again, if frequently repeated, will have the ſame effect. If a bit of bread be eaten along with a few mouthfuls of water, it will both quench thirſt more effectually, and make the danger leſs. When a perſon is extremely hot, a mouthful of brandy, or other ſpirits, if it can be obtained, ought to be preferred to any thing elſe. But if any one has been ſo fooliſh, when hot, as to drink freely of cold liquor, he ought to continue his exerciſe at leaſt till what he drank be thoroughly warmed upon his ſtomach.

It would be tedious to enumerate all the bad effects which flow from drinking cold liquors when the body is hot. Sometimes this has occaſioned immediate death. Hoarſeneſs, quinſeys, and fevers of various kinds, are its common conſequences. Neither is it ſafe when warm to eat freely of raw fruits, ſallads, or the like. Theſe indeed have not ſo ſudden an effect on the body as cold liquors, but they are notwithſtanding dangerous, and ought to be avoided.

Sitting in a warm room, and drinking hot liquors till the pores are quite open, and immediately going into the cold air, is extremely dangerous. Colds, coughs, and inflammations of the breaſt, are the uſual effects of this conduct; yet nothing is more common than for people, after they have drank warm liquors for ſeveral hours, to walk or ride a number of miles in the coldeſt night, or to ramble about in the ſtreets.

People are very apt, when a room is hot, to throw open a window, and to ſit near it. This is a moſt dangerous practice. Any perſon had better ſit without doors than in ſuch a ſituation, as the current of air is directed againſt one particular part of the body. Inflammatory fevers and conſumptions have often been

been occaſioned by ſitting or ſtanding thinly clothed near an open window. Nor is ſleeping with open windows leſs to be dreaded. That ought never to be done, even in the hotteſt ſeaſon, unleſs the window is at a diſtance. I have known mechanics frequently contract fatal diſeaſes, by working ſtript at an open window, and would adviſe all of them to beware of ſuch a practice.

Few things expoſe people more to catch cold than keeping their own houſes too warm: ſuch perſons may be ſaid to live in a ſort of hot-houſes; they can hardly ſtir abroad to viſit a neighbour but at the hazard of their lives. Were there no other reaſon for keeping houſes moderately cool, that alone is ſufficient; but no houſe that is too hot can be wholeſome; heat deſtroys the ſpring and elaſticity of the air, and renders it leſs fit for expanding the lungs, and the other purpoſes of reſpiration. Hence it is that conſumptions and other diſeaſes of the lungs prove ſo fatal to people who work in forges, glaſs-houſes, and the like.

Some are even ſo fool hardy, as to plunge themſelves when hot in cold water. Not only fevers but madneſs itſelf, has frequently been the effect of this conduct. Indeed it looks too like the action of a madman to deſerve a ſerious conſideration.

The reſult of all theſe obſervations is, that every one ought to avoid, with the utmoſt attention, all ſudden tranſitions from heat to cold, and to keep the body in as uniform a temperature as poſſible, or where that cannot be done, to take care to let it cool gradually.

People may imagine that too ſtrict an attention to theſe things would tend to render them delicate. So far however is this from being our deſign, that the very firſt rule propoſed for preventing colds, is to harden the body, by inuring it daily to the open air.

We ſhall put an end to what relates to this part of our ſubject, by giving an abſtract of the juſtly celebrated

brated advice of Celſus, with reſpect to the preſervation of health. "A man," ſays he, "who is bleſſed "with good health, ſhould confine himſelf to no par- "ticular rules, either with reſpect to regimen or me- "dicine. He ought frequently to diverſify his man- "ner of living; to be ſometimes in town, ſometimes "in the country; to hunt, ſail, indulge himſelf in "reſt, but more frequently to uſe exerciſe. He "ought to refuſe no kind of food that is commonly "uſed, but ſometimes to eat more and ſometimes "leſs; ſometimes to make one at an entertainment, "and ſometimes to forbear it; to make rather two "meals a-day than one, and always to eat heartily, "provided he can digeſt it. He ought neither too "eagerly to purſue, nor too ſcrupulouſly to avoid in- "tercouſe with the fair ſex: pleaſures of this kind, "rarely indulged, render the body alert and active; "but when too frequently repeated, weak and lan- "guid. He ſhould be careful in time of health not "to deſtroy, by exceſſes of any kind, that vigour of "conſtitution which ſhould ſupport him under ſick- "neſs."

Part Second.

CHAP. I.

Of the means of discovering the Natures of different Diseases, and of adapting methods of cure.

THOUGH we have endeavoured to give an exact description and account of the symptoms which attend each disease, as it occurs in the course of this work; yet there are some observations which respect them all, and which thrown together, may serve as a general light to guide us in all our enquiries and attempts to form proper judgments of the natures and appearances of different disorders.

And here it may be necessary to observe, that the same disease is not always marked by the same symptoms or appearances, but that these differ very considerably in different ages, constitutions, and sexes; and depend also, in many instances, on manner of life, and temper and disposition of mind: and that from hence it will frequently happen, that those who are constantly and immediately about the persons of the sick, are capable of ascertaining the approaching disease with more accuracy, from their own observations, than medical assistants, who are generally called in after the symptoms have made some progress, and often after their appearance has been changed, and who are many times strangers to the patient's habit of body, and have no other information on that subject than they can derive from enquiry, which is commonly uncertain, and sometimes unintelligible.

Besides, the different states of the bodies of young patients, and those of a more advanced age, will not only

only occaſion different ſymptoms, but will require different and even oppoſite treatment; and the female ſex, who are delicately framed, and their nerves more eaſily affected than thoſe of men, are unable to bear the ſame copious evacuations, of warm and ſtimulating medicines; and the like diſtinction will appear between thoſe whoſe employments are moſtly within doors, and afford but little exerciſe, and thoſe who labour without doors, and by conſtant expoſure to the air and weather, acquire habits more hardy, robuſt, and vigorous.

We have already noticed, that different climates will not only produce different diſeaſes, but will alſo occaſion a very material variation of ſymptoms; and even in nearly the ſame climates, ſituations high or low, expoſed or confined, will have a very conſiderable effect on the appearance of the diſeaſe. It may therefore be right to enquire in what manner thoſe who ſuffered the ſuppoſed diſorder in the ſame neighbourhood have been affected in the ſeveral ſtages of it; nor ſhould particular enquiry be omitted as to the occupation of the patient, as we have before pointed out many trades and employments in life, which ſubject men to particular diſeaſes; and good intelligence on this head will be equally uſeful in diſcovering the nature of the diſtemper, and pointing the method of cure: the ſame diſeaſe in different conſtitutions, and ariſing from different cauſes, may require very different management, and more particularly with reſpect to regimen, which in moſt caſes we are inclined to think of more conſequence than medicine; and eſpecially when an early diſcovery of the diſeaſe will enable us to combat it before it has arrived at any degree of malignancy.

Medicine, though in many caſes indiſpenſibly neceſſary, may for want of our being able to judge of the nature of the diſeaſe, be extremely prejudicial; and whenever adminiſtered in any conſiderable quantity, particular obſervation ſhould be made whether any peculiar part of the compoſition ſeems to diſagree

with the patient; and it will be prudent to enquire whether he has ever had the ſame kind of diſeaſe before, how he was then treated, and whether any certain drug or medicinal preparation has produced ill effects, or the contrary; by theſe means we may ſometimes attain a method of cure, which our own judgment might not ſuggeſt.

With reſpect to regimen, the beſt directions will ariſe from knowing and attentively conſidering the caſe before us, and reaſon will then prove the ableſt guide. If the ſymptoms of a fever are inflammatory, gruels, wheys, herb-teas, and infuſious, are not only proper food, but in general ſupply the place of all medicine; and in ſlow, putrid, and nervous fevers, where cordials are neceſſary to ſupport the ſick, that purpoſe will be better anſwered by ſago, jellies, and a proper quantity of good and generous wine, than by all the juleps of an apothecary's ſhop.

Diſeaſes of ſlower progreſs demand no leſs attention to diet; a courſe of vegetables hath been known to remove an inveterate ſcurvy, when all the powers of medicine have failed of ſucceſs: wind, hypochondriac, and nervous complaints, have been frequently expelled by a more liberal uſe of ſolid food and good liquors; and a milk diet hath often reſtored the patient to health, in the very far advanced ſtages of a conſumption.

Air and exerciſe are of no ſmall importance when the nature of the diſeaſe is aſcertained: in the ſmall-pox and other fevers, thouſands have periſhed under the old practice of excluding air; and that which now prevails, of admitting it, under proper regulations, into the chambers of the ſick; nay, in the former diſeaſe, carrying the patient into the open air, has been attended with the two-fold advantage, in contributing in a wonderful manner to the recovery of the diſeaſed, and leſſening the danger of communicating the diſtemper to others.

Exerciſe is generally recommended as an endeavour to regain ſtrength after the body has been reduced to weakneſs

weakneſs by the ſeverity of ſome diſeaſe; but there are many diſorders in which it ſhould be uſed to obtain a cure. Riding on horſeback has removed glandular complaints in many inſtances, and a voyage at ſea, has been known not only to ſtop the progreſs of an apparently confirmed conſumption, but actually to reſtore the patient to perfect health. In complaints which are occaſioned by relaxation, ſwimming may prove extremely beneficial, adding to the effect of the cold-bath the exerciſe of the limbs, and in particular opening the cheſt by the continued regular motion of the arms.

Nor is cleanlineſs to be omitted in our attempts to render the uſe of medicine leſs neceſſary. Dirty clothes about the ſick, not only add to the diſcomfort of their ſituation, but very often to the danger; as that perſpiration which nature intended to carry off noxious humours, is frequently taken again into the body, and actually contributes to ſupport the diſeaſe: nay, there are ſome diſorders which may be totally removed by cleanlineſs, and none in which it is not of important uſe, both to the patient himſelf, to thoſe about him, and to the community at large, as the degree of infection is always proportioned as well to the care taken in this reſpect, as to the malignity of the diſorder.

We ſhall conclude this chapter with a general obſervation, that a ſtrict regard to regimen will in many caſes render medicine wholly unneceſſary, and in all contribute to leſſen the occaſion for it; and that the effects of precaution, in thoſe matters which are within the knowledge of every individual, are always more certain than the operation of phyſic, which depends in many inſtances on conſtitution, and in others, on circumſtances which the utmoſt human penetration may be unable to diſcover.

CHAP.

CHAP. II.

Of Fevers in General.

AS more than one half of mankind is ſaid to periſh by fevers, it is of importance to be acquainted with their cauſes. The moſt general cauſes of fevers are, infection, errors in diet, unwholeſome air, violent emotions of the mind, exceſs or ſuppreſſion of uſual evacuations, external or internal injuries, and extreme degrees of heat or cold. As moſt of theſe have already been treated of at conſiderable length, and their effects ſhewn, we ſhall not now reſume the conſideration of them, but ſhall only recommend it to all, as they would wiſh to avoid fevers and other fatal diſeaſes, to pay the moſt punctual attention to theſe articles.

Fevers are not only the moſt frequent of all diſeaſes, but they are likewiſe the moſt complex. In the moſt ſimple ſpecies of fever there is always a combination of ſeveral ſymtoms. The diſtinguiſhing ſymptoms of fever are, increaſed heat, frequency of pulſe, loſs of appetite, general debility, pain in the head, and a difficulty in performing ſome of the vital or animal functions. The other ſymptoms uſually attendant on fevers are, nauſea, thirſt, anxiety, delirium, wearineſs, waſting of the fleſh, want of ſleep, or the ſleep diſturbed and not refreſhing.

When the fever comes on gradually, the patient generally complains firſt of languor or liſtleſſneſs, ſoreneſs of the fleſh, or the bones, as the country people expreſs it, heavineſs of the head, loſs of appetite, ſickneſs, with clammineſs of the mouth; after ſome time come on exceſſive heat, violent thirſt, reſtleſſneſs, &c.

When the fever attacks ſuddenly, it always begins with an uneaſy ſenſation of exceſſive cold, accompanied

accompanied with debility and loſs of appetite; frequently the cold is attended with ſhivering, oppreſſion about the heart, and ſickneſs at ſtomach, or vomiting.

Fevers are divided into continual, remitting, intermitting, and ſuch as are attended with cutaneous eruption or topical inflammation, as the ſmall-pox, eriſipelas, &c. By a continual fever is meant that which never leaves the patient during the whole courſe of the diſeaſe, or which ſhews no remarkable increaſe or abatement in the ſymptoms. This kind of fever is likewiſe divided into acute, ſlow, and maligant. The fever is called acute when its progreſs is quick, and the ſymptoms violent; but when theſe are more gentle, it is generally denominated ſlow. When livid or petechial ſpots ſhew a putrid ſtate of the humours, the fever is called malignant, putrid, or petechial.

A remitting fever differs from a continual only in a degree. It has frequent increaſes and decreaſes, or exacerbations and remiſſions, but never wholly leaves the patient during the courſe of the diſeaſe. Intermitting fevers or agues are thoſe which during the time that the patient may be ſaid to be ill, have evident intervals or remiſſions of the ſymptoms.

As a fever is only an effort of Nature to free herſelf from an offending cauſe, it is the buſineſs of thoſe who have the care of the ſick to obſerve with diligence which way Nature points, and to endeavour to aſſiſt her operations. Our bodies are ſo framed, as to have a conſtant tendency to expel or throw off whatever is injurious to health. This is generally done by urine, ſweat, ſtool, expectoration, vomit, or ſome other evacuation.

There is reaſon to believe, if the efforts of Nature, at the beginning of a fever, were duly attended to and promoted, it would ſeldom continue long; but when her attempts are either neglected or counteracted, it is no wonder if the diſeaſe proves fatal.

They

There are daily inſtances of perſons who, after catching cold, have all the ſymptoms of a beginning fever; but by keeping warm, drinking diluting liquors, bathing their feet in warm water, &c. the ſymptoms in a few hours diſappear, and the danger is prevented. When fevers of a putrid kind threaten, the beſt method of obviating their effects is by repeated vomits.

Our deſign is not to enter into a critical enquiry into the nature and immediate cauſes of fevers, but to mark their moſt obvious ſymptoms, and to point out the proper treatment of the patient with reſpect to his diet, drink, air, &c. in the different ſtages of the diſeaſe. In theſe articles the inclinations of the patient will in a great meaſure direct our conduct.

Almoſt every perſon in a fever complains of great thirſt, and calls out for drink, eſpecially of a cooling nature. This at once points out the uſe of water, and other cooling liquors. What is ſo likely to abate the heat, attenuate the humours, remove ſpaſms and obſtructions, promote perſpiration, increaſe the quantity of urine, and in ſhort produce every ſalutary effect in an ardent or inflammatory fever, as drinking plentifully of water, thin gruel, or any other weak liquor, of which water is the baſis? The neceſſity of diluting liquors is pointed out by the dry tongue, the parched ſkin, and the burning heat, as well as by the unquenchable thirſt of the patient.

Many cooling liquors, which are extremely grateful to patients in a fever, may be prepared from fruits, as decoctions of tamarinds, apple tea, orange whey, and the like. Mucilaginous liquors might alſo be prepared from marſh-mallow roots, linſeed, lime-tree buds, and other mild vegetables. Theſe liquors, eſpecially when acidulated, are highly agreeable to the patient, and ſhould never be denied him.

A

At the beginning of a fever the patient generally complains of great laſſitude or wearineſs, and has no inclination to move. This evidently ſhews the propriety of keeping him eaſy, and if poſſible in bed. Lying in bed relaxes the ſpaſms, abates the violence of the circulation, and gives Nature an opportunity of exerting all her force to overcome the diſeaſe. The bed alone would often remove a fever at the beginning: but when the patient ſtruggles with the diſeaſe, inſtead of driving it off, he only fixes it the deeper; and renders it more dangerous. This obſervation is too often verified in travellers, who happen when on a journey to be ſeized with a fever: Their anxiety to get home induces them to travel with the fever upon them, which conduct ſeldom fails to render it fatal.

In fevers the mind as well as the body ſhould be kept eaſy. Company is ſeldom agreeable to the ſick. Indeed every thing that diſturbs the imagination, increaſes the diſeaſe; for which reaſon every perſon in a fever ought to be kept perfectly quiet, and neither allowed to ſee nor hear any thing that may in the leaſt affect or diſcompoſe his mind.

Though the patient in a fever has the greateſt inclination for drink, yet he ſeldom has any appetite for ſolid food: hence the impropriety of urging him to take victuals is evident. Much ſolid food in a fever is every way hurtful. It oppreſſes nature, and, inſtead of nouriſhing the patient, ſerves only to feed the diſeaſe. What food the patient takes ſhould be in ſmall quantity, light, and of eaſy digeſtion. It ought to be chiefly of the vegetable kind, as panada, roaſted apples, gruels, aud ſuch like.

Poor people, when any of their family are taken ill, run directly to their rich neighbour for cordials, and pour wine, ſpirits, &c. into the patient, who perhaps never had been accuſtomed to taſte ſuch liquors when in health. If there be any

degree of fever, this conduct muſt increaſe it, and if there be none, this is the ready way to raiſe one. Stuffing the patient with ſweatmeats and other delicacies is likewiſe very pernicious. Theſe are always harder to digeſt than common food, and cannot fail to hurt.

Nothing more is deſired by a patient in a fever than freſh air. It not only removes his anxiety, but cools the blood, revives the ſpirits, and proves every way beneficial. Many patients are in a manner ſtifled to death in fevers for want of freſh air; yet ſuch is the unaccountable infatuation of moſt people, that the moment they think a perſon in a fever, they imagine he ſhould be kept in a cloſe chamber, into which not one particle of freſh air muſt be admitted. Inſtead of this there ought to be a conſtant ſtream of freſh air into a ſick perſon's chamber, ſo as to keep it moderately cool. Indeed its degree of warmth ought never to be greater than is agreeable to one in perfect health.

Nothing ſpoils the air of a ſick perſon's chamber, or hurts the patient more, than a number of people breathing in it. When the blood is enflamed, or the humours in a putrid ſtate, air that has been breathed repeatedly will greatly increaſe the diſeaſe. Such air not only loſes its ſpring, and becomes unfit for the purpoſe of reſpiration, but acquires a noxious quality, which renders it in a manner poiſonous to the ſick.

In fevers, when the patient's ſpirits are low and depreſſed, he is not only to be ſupported with cordials, but every method ſhould be taken to cheer and comfort his mind. Many, from a miſtaken zeal, when they think a perſom in danger, inſtead of ſolacing his mind with the hopes and conſolations of religion, fright him with the views of hell and damnation. It would be unſuitable here to dwell upon the impropriety and dangerous conſequences of this conduct; it often hurts the body, and there is reaſon to believe ſeldom benefits the ſoul.

Among

Among common people, the very name of a fever generally ſuggeſts the neceſſity of bleeding. This notion ſeems to have taken its riſe from moſt fevers in this country having been formerly of an inflammatory nature; but true inflammatory fevers are now ſeldom to be met with. Sedentary occupations, and a different manner of living, have ſo changed the ſtate of diſeaſes in Britain, that there is now hardly one fever in ten, where the lancet is neceſſary. In moſt low, nervous, and putrid fevers, which are now ſo common, bleeding is really hurtful, as it weakens the patient, ſinks his ſpirits, &c. We would recommend this general rule, never to bleed at the beginning of a fever, unleſs there be evident ſigns of inflammation. Bleeding is an excellent medicine when neceſſary, but ſhould never be wantonly performed.

It is likewiſe a common notion, that ſweating is always neceſſary in the beginning of a fever. When the fever proceeds from an obſtructed perſpiration, this notion is not ill-founded. If the patient only lies in bed, bathes his feet and legs in warm water, and drinks freely of warm water-gruel, or any other weak diluting liquor, he will ſeldom fail to perſpire freely. The warmth of the bed, and the diluting drink, will relax the univerſal ſpaſm, which generally affects the ſkin at the beginning of a fever; it will open the pores, and promote the perſpiration, by means of which the fever may often be carried off. But inſtead of this, the common practice is to heap clothes upon the patient, and to give him things of a hot nature, as ſpirits, ſpiceries, &c. which fire his blood, increaſe the ſpaſms, and render the diſeaſe more dangerous.

In all fevers a proper attention ſhould be paid to the patient's longings. Theſe are the calls of Nature, and often point out what may be of real uſe. Patients are not indeed to be indulged in every thing that the ſickly appetite may crave; but it is generally right to let them have a little of what they eagerly

deſire, though it may not ſeem altogether proper. What the patient longs for, his ſtomach will generally digeſt; and ſuch things have ſometimes a very happy effect.

When a patient is recovering from a fever, great care is neceſſary to prevent a relapſe. Many perſons, by too ſoon imagining themſelves well, have loſt their lives, or contracted other diſeaſes of an obſtinate nature. As the body after a fever is weak and delicate, it is neceſſary to guard againſt catching cold. Moderate exerciſe in the open air will be of uſe, but great fatigue is by all means to be avoided; agreeable company will alſo have a good effect. The diet muſt be light but nouriſhing. It ſhould be taken frequently, but in ſmall quantities. It is dangerous, at ſuch a time, to eat as much as the ſtomach may crave.

CHAP.

CHAP. III.

Of intermitting fevers, or agues.

INTERMITTING fevers afford the beſt opportunity both of obſerving the nature of a fever, and alſo the effects of medicine. No perſon can be at a loſs to diſtinguiſh an intermitting fever from any other, and the proper medicine for it is now almoſt unverſally known.

The ſeveral kinds of intermitting fevers take their names from the period in which the fit returns, as quotidian, tertian, quartan, &c.

Agues are occaſioned by effluvia from putrid ſtagnating water. This is evident from their abounding in rainy ſeaſons, and being moſt frequent in countries where the ſoil is marſhy, as in the fens of Lincolnſhire, Cambridgeſhire, the Hundreds of Eſſex, &c. This diſeaſe may alſo be occaſioned by eating too much ſtone fruit, by a poor, watery diet, damp houſes, evening dews, lying upon the damp ground, watching, fatigue, depreſſing paſſions, and the like. When the inhabitants of a high country remove to a low one, they are generally ſeized with intermitting fevers, and to ſuch the diſeaſe is moſt apt to prove fatal. In a word, whatever relaxes the ſolids, diminiſhes the perſpiration, or obſtructs the circulation in the capillary or ſmall veſſels, diſpoſes the body to agues.

An intermitting fever generally begins with a pain of the head and loins, wearineſs of the limbs, coldneſs of the extremities, ſtretching, yawning, with ſometimes great ſickneſs and vomiting; to which ſucceed ſhivering and violent ſhaking. Afterwards the ſkin becomes moiſt, and a profuſe ſweat breaks out, which generally terminates the fit or paroxyſm. Sometimes indeed the diſeaſe comes on ſuddenly, when the perſon

ſon thinks himſelf in perfect health; but it is more commonly preceded by liſtleſſneſs, loſs of appetite, and the ſymptoms mentioned above.

While the fit continues, the patient ought to drink freely of water-gruel, orange-whey, weak camomile tea; or, if his ſpirits be low, ſmall wine-whey, ſharpened with the juice of lemon. All his drink ſhould be warm, as that will aſſiſt bringing on the ſweat, and conſequently ſhorten the fit.

Dr. Lind ſays, that twenty or twenty-five drops of laudanum put into a cup of the patient's drink, and given about half an hour after the commencement of the hot fit, promotes ſweat, ſhortens the fit, relieves the head, and tends greatly to remove the diſeaſe.

Between the fits the patient muſt be ſupported with food that is nouriſhing, but light and eaſy of digeſtion, as veal or chicken broths, ſago gruel, with a little wine, light puddings, and ſuch like. His drink may be ſmall negus, acidulated with the juice of lemons or oranges, and ſometimes a little weak punch. He may likewiſe drink infuſions of bitter herbs, as camomile, wormwood, or water-trefoil, and may now and then take a glaſs of ſmall wine, in which gentian root, centaury, or ſome other bitter, has been infuſed.

As the chief intentions of cure in an ague are to brace the ſolids, and promote perſpiration, the patient ought to take as much exerciſe between the fits as he can bear. If he is able to go abroad, riding on horſeback, or in a carriage, will be of great ſervice. But if he connot bear that kind of exerciſe, he ought to take ſuch as his ſtrength will permit. Nothing tends more to prolong an intermitting fever, than indulging lazy, indolent diſpoſition.

Intermitting fevers, under a proper regimen, will often go off without medicine: and when the diſeaſe is mild, in an open dry country, there is ſeldom any danger from allowing it to take its courſe; but when the patient's ſtrength ſeems to decline, or the fits are ſo violent that his life is in danger, medicine ought immediately to be adminiſtered. This however ſhould never

never be done till the diſeaſe be properly formed, that is to ſay, till the patient has had ſeveral fits of ſhaking and ſweating.

The firſt thing towards the cure of an intermitting fever, is to cleanſe the ſtomach and bowels. This not only renders the application of other medicines more ſafe, but likewiſe more efficacious. In this diſeaſe, the ſtomach is generally loaded with cold viſcid phlegm, and frequently great quantities of bile are diſcharged by vomit; which plainly points out the neceſſity of ſuch evacuations. Vomits are therefore to be adminiſtered before the patient takes any other medicine. A doſe of ipecacuanha will generally anſwer this purpoſe very well. A ſcruple or half a dram of the powder will be ſufficient for an adult, and for a younger perſon the doſe muſt be leſs in proportion. After the vomit begins to operate, the patient ought to drink plentifully of weak camomile-tea. The vomit ſhould be taken two or three hours before the return of the fit, and may be repeated at the diſtance of two or three days. Vomits not only cleanſe the ſtomach, but increaſe the perſpiration, and all the other ſecretions, which render them of ſuch importance, that they often cure intermitting fevers without the aſſiſtance of any other medicine.

Purging medicines are likewiſe uſeful and often neceſſary in intermitting fevers. A ſmart purge has been known to cure an obſtinate ague, after the Peruvian bark and other medicines had been uſed in vain. Vomits, however, are more ſuitable in this diſeaſe, and render purging leſs neceſſary; but if the patient be afraid to take a vomit, he ought in this caſe to cleanſe the bowels by a doſe or two of Glauber's ſalts, jalap, or rhubarb.

Bleeding may ſometimes be proper at the beginning of an intermitting fever, when exceſſive heat, a delirium, &c. give reaſon to ſuſpect an inflammation; but as the blood is ſeldom in an inflammatory ſtate in intermitting fevers, this operation is rarely neceſſary. When frequently repeated it tends to prolong the diſeaſe.

After

After proper evacuations the patient may ſafely uſe the Peruvian bark, which may be taken in any way that is moſt agreeable to him. No preparation of the bark ſeems to anſwer better than the moſt ſimple form in which it can be given, viz. in powder.

Two ounces of the beſt Peruvian red bark, finely powdered, may be divided into twenty-four doſes. Theſe may either be made into boluſſes as they are uſed, with a little ſyrup of lemon, or mixed in a glaſs of red wine, a cup of camomile-tea, water-gruel, or any other drink that is more agreeable to the patient.

In an ague which returns every day, one of the above doſes may be taken every two hours during the interval of the fits. By this method the patient will be able to take five or ſix doſes between each fit. In a tertain or third day ague it will be ſufficient to take a doſe every third hour during the interval, and in a quartan every fourth. If the patient cannot take ſo large a doſe of the bark, he may divide each of the powders into two parts, and take one every hour, &c. For a young perſon a ſmaller quantity of this medicine will be ſufficient, and the doſe muſt be adapted to the age, conſtitution, and violence of the ſymptoms.

The above quantity of bark will frequently cure an ague; the patient, however, ought not to leave off taking the medicine as ſoon as the ſhaking fits are ſtopped, but ſhould continue to uſe it till there is reaſon to believe the diſeaſe is entirely overcome. Moſt of the failures in the cure of this diſeaſe are owing to patient not continuing to uſe the medicine long enough. They are generally directed to take it till the fits are ſtopped, then to leave it off, and begin again at ſome diſtance of time; by which means the diſeaſe gathers ſtrength, and often returns with as much violence as before. A relapſe may always be prevented by the patient's continuing to take doſes of the medicine for ſome time after the ſymptoms diſappear. This is both the moſt ſafe and effectual method of cure.

An

An ounce of gentian root, calamus aromaticus, and orange-peel, of each half an ounce, with three or four handfuls of camomile-flowers, and an handful of coriander-ſeed, all bruiſed together in a mortar, may be uſed in form of infuſion or tea. About an handful of theſe ingredients may be put into a tea-pot, and a pint of boiling water poured on them. A cup of this infuſion drank three or four times a day will greatly promote the cure. Such patients as cannot drink the watery infuſion, may put two handfuls of the ſame ingredients into a bottle of white wine, and take a glaſs of it twice or thrice a day. If the patients drink freely of the above or any other proper infuſion of bitters, a ſmaller quantity of bark than is generally uſed will be ſufficient to cure an ague.

Thoſe who cannot ſwallow the bark in ſubſtance, may take it in decoction or infuſion. An ounce of bark in powder may be infuſed in a bottle of white wine for four or five days, frequently ſhaking the bottle, afterwards let the powder ſubſide, and pour off the clear liquor. A wine glaſs may be drank three or four times a day, or oftener, as there is occaſion. If a decoction be more agreeable, an ounce of bark, and two drams of ſnake-root bruiſed, with an equal quantity of ſalt of wormwood, may be boiled in a quart of water, to a pint. To the ſtrained liquor add as much of red wine, and a glaſs of it to be taken frequently.

In obſtinate agues, the bark will be found much more efficacious when aſſiſted by brandy, or other warm cordials, than taken alone. In low marſhy countries where intermitting fevers were endemical, the bark ſeldom ſucceeds unleſs aſſiſted by ſnake-root, ginger, canella alba, or ſome other warm aromatic. When the fits are frequent and violent, in which caſe the fever often approaches towards an inflammatory nature, it will be ſafer to leave out the aromatics, and to add ſalt of tartar in their ſtead. But in an obſtinate tertian or quartan, in the end of autumn or beginning of winter, warm and cordial medicines are abſolutely neceſſary.

As autumnal and winter agues generally prove much more obſtinate than thoſe which attack the patient in ſpring or ſummer, it will be neceſſary to continue the uſe of medicines longer in the former than in the latter. A perſon who is ſeized with an intermitting fever in the beginning of winter, ought frequently, if the ſeaſon proves rainy, to take a little medicine, although the diſeaſe may ſeem to be cured, to prevent a relapſe, till the return of the warm ſeaſon. He ought likewiſe to take care not to be much abroad in wet weather, eſpecially in cold eaſterly winds.

When agues are not properly cured, they often degenerate into obſtinate chronical diſeaſes, as the dropſy, jaundice, &c. For this reaſon all poſſible care ſhould be taken to have them radically cured, before the conſtitution has been too much weakened.

Though nothing is more rational than the method of treating intermitting fevers, yet by ſome ſtrange infatuation, more charms and whimſical remedies are daily uſed for removing this than any other diſeaſe. There is hardly an old woman who is not in poſſeſſion of a noſtrum for ſtopping an ague; and it is amazing with what readineſs their pretenſions are believed. Thoſe in diſtreſs eagerly graſp at any thing that promiſes ſudden relief; but the ſhorteſt way is not always the beſt in the treatment of diſeaſes. The only method to obtain a ſafe and laſting cure, is gradually to aſſiſt nature in removing the cauſe of the diſorder.

Some indeed try bold, or rather fool-hardy experiments to cure agues, as drinking great quantities of ſtrong liquors, jumping into a river, taking arſenic, &c. Theſe may ſometimes have the deſired effect, but muſt always be attended with great danger. When there is any degree of inflammation, or the leaſt tendency to it, ſuch experiments may prove fatal.

Many dirty things are extolled for the cure of intermitting fevers, as ſpiders, cobwebs, ſnuffings of candles, &c. Though theſe may ſometimes ſucceed, yet, their very naſtineſs is ſufficient to ſet them aſide, eſpecially

eſpecially when cleanly medicines will anſwer the purpoſe better. The only medicine that can be depended upon for throughly curing an intermittent fever, is the Peruvian bark. It may be always uſed with ſafety; as it was never known to fail, when combined with the medicines mentioned above, and duly perſiſted in.

When agues are endemical, even children are often afflicted with that diſeaſe. Such patients are very difficult to cure, as they can ſeldom be prevailed upon to take the bark, or any other diſagreeable medicine. One method of rendering this medicine more palatable, is to make it into a mixture with diſtilled waters and ſyrup, and aftewards to give it an agreeable ſharpneſs with the elixir or ſpirit of vitriol. This both improves the medicine, and takes off the nauſeous taſte. In caſes where the bark cannot be adminiſtered, the ſaline mixture may be given with advantage to children.

Wine-whey is a very proper drink for a child in an ague; to half a pint of which may be put a tea ſpoonful of the ſpirit of hartſhorn. Exerciſe is likewiſe of conſiderable ſervice; and when the diſeaſe proves obſtinate, the child ought, if poſſible, to be removed to a warm dry air. The food ought to be nouriſhing, and ſometimes a little generous wine ſhould be allowed.

To children, and ſuch as cannot ſwallow the bark, or when the ſtomach will not bear it, it may be given by clyſter. Half an ounce of the extract of bark, diſſolved in four ounces of warm water, with the addition of half an ounce of ſweet oil, and ſix or eight drops of laudanum, is the form recommended by Dr. Lind for an adult, and this to be repeated every fourth hour, or oftener, as the occaſion ſhall require. For children the quantity of the extract and laudanum muſt be proportionably leſſened. Children have been cured of agues by making them wear a waiſtcoat with powdered bark quilted between the folds of it; by bathing them frequently in a ſtrong decoction of the bark, and by rubbing the ſpine with ſtrong ſpirits, or with a mix-

ture of equal parts of laudanum and the ſaponaceous liniment.

We have treated largely upon this diſeaſe, becauſe it is very common, and becauſe few patients in an ague apply to phyſicians, unleſs in extremities. There are, however, many caſes in which the diſeaſe is very irregular, being complicated with other diſeaſes, or attended with ſymptoms which are both very dangerous and very difficult to underſtand. All theſe we have purpoſely paſſed over, as they would only bewilder the generality of readers. When the diſeaſe is very irregular, or the ſymptoms dangerous, the patient ought immediately to apply to a phyſician, and ſtrictly to follow his advice.

To prevent agues, people muſt endeavour to avoid their cauſes. Theſe have already been pointed out in the beginning of this chapter: we ſhall therefore only add one preventive medicine, which may be of uſe to ſuch as are obliged to live in low marſhy countries, or who are liable to frequent attacks of this diſeaſe.

Take an ounce of the beſt Peruvian bark, Virginian ſnake-root, and orange-peel, of each half an ounce; bruiſe them all together, and infuſe for five or ſix days in a bottle of brandy, Holland gin, or any good ſpirit; afterwards pour off the clear liquor, and take a wine glaſs of it twice or thrice a day. This is indeed recommending a dram; but the bitter ingredients in a great meaſure take off the ill effects of the ſpirit. Thoſe who do not chuſe it in brandy, may infuſe it wine; and ſuch as can chew the bark, will find that method ſucceed very well. Gentian root, or calamus aromaticus, may alſo be chewed by turns for the purpoſe. All bitters ſeem to be antidotes to agues, eſpecially thoſe that are warm and aſtringent.

CHAP.

CHAP. IV.

Of an acute continual fever.

THIS fever is denominated acute, ardent, or inflammatory. It moſt commonly attacks the young, or perſons about the prime and vigour of life, eſpecially ſuch as live high, abound with blood, and whoſe fibres are ſtrong and elaſtic. It ſeizes people at all ſeaſons of the year; but is moſt frequent in the ſpring and beginning of ſummer.

This fever is occaſioned by any thing that overheats the body, as violent exerciſe, ſleeping in the ſun, drinking ſtrong liquors, eating ſpiceries, a full diet with little exerciſe, &c. It may likewiſe be occaſioned by whatever obſtructs the perſpiration, as lying on the damp ground, drinking cold liquor when the body is hot, night watching, or the like.

A chilline ſs generally uſhers in this fever, which is ſoon ſucceeded by great heat, a frequent and full pulſe, pain of the head, dry ſkin, redneſs of the eyes, a florid countenance, pains in the back, loins, &c. To theſe ſucceed difficulty of breathing, ſickneſs, with an inclination to vomit. The patient complains of great thirſt, has no appetite for ſolid food, is reſtleſs, and his tongue generally appears black and rough.

A delirium, exceſſive reſtleſſneſs, great oppreſſion of the breaſt, with laborious reſpiration, ſtarting of the tendons, hiccup, cold clammy ſweats, and an involuntary diſcharge of urine, are very dangerous ſymptoms.

As this diſeaſe is always attended with danger, the beſt medical aſſiſtance ought to be procured as ſoon as poſſible. A phyſician may be of uſe at the beginning, but his ſkill is often of no avail afterwards. Nothing can be more unaccountable than the conduct of thoſe who have it in their power, at the beginning

of

of a fever, to procure the beſt medical aſſiſtance, yet put it off till things come to an extremity. When the diſeaſe, by delay or wrong treatment, has become incurable, and has exhauſted the ſtrength of the patient, it is vain to hope for relief from medicine. Phyſicians may indeed aſſiſt nature; but their attempts muſt ever prove fruitleſs when ſhe is no longer able to co-operate with their endeavours.

From the ſymptoms of this diſeaſe, it is evident, that the blood and other humours require to be attenuated; that the perſpiration, urine, ſaliva, and all the other ſecretions, are in too ſmall quantity; that the veſſels are rigid, and the heat of the whole body too great: all theſe clearly point out the neceſſity of a regimen calculated to dilute the blood, correct the acrimony of the humours, allay the exceſſive heat, remove the ſpaſmodic ſtricture of the veſſels, and promote the ſecretions.

Theſe important purpoſes may be greatly promoted by drinking plentifully of diluting liquors; as water-gruel, oatmeal-tea, clear whey, barley-water, balm-tea, apple-tea, &c. Theſe may be ſharpened with juice of orange, jelly of currants, raſpberries, and ſuch like; orange whey is likewiſe an excellent cooling drink. It is made by boiling among milk and water a bitter orange ſliced, till the curd ſeparates. If no orange can be had, a lemon, a little cream of tartar, or a few ſpoonfuls of white wine vinegar, will have the ſame effect. Two or three ſpoonfuls of white wine may occaſionally be added to the liquor when boiling.

If the patient be coſtive, an ounce of tamarinds, with two ounces of ſtoned raiſins of the ſun, and a couple of figs, may be boiled in three pints of water to a quart. This makes a very pleaſant drink, and may be uſed at diſcretion. The common pectoral decoction is alſo a very proper drink in this diſeaſe. A tea-cup full of it may be taken every two hours, or oftener, if the patient's heat and thirſt be very great.

The above liquids muſt all be drank a little warm. They

They may be uſed in ſmall quantities at the beginning of a fever, but more freely afterwards, in order to aſſiſt in carrying off the diſeaſe by promoting the different excretions. We have mentioned a variety of drinks, that the patient may have it in his power to chuſe thoſe which are moſt agreeable; and that, when tired of one, he may have recourſe to another.

The patient's diet muſt be very ſpare and light. All ſorts of fleſh-meats, and even chicken-broths, are to be avoided. He may be allowed groat-gruel, panado, or light bread boiled in water; to which may be added a few grains of common ſalt, and a little ſugar, which will render it more palatable. He may eat roaſted apples with a little ſugar, toaſted bread, the jelly of currants, boiled prunes, &c.

It will greatly relieve the patient, eſpecially in an hot ſeaſon, to have freſh air frequently let into his chamber. This, however, muſt always be done in ſuch a manner as not to endanger his catching cold.

It is too common in fevers to load the patient with bed clothes, under the pretence of making him ſweat, or defending him from cold. This cuſtom has many ill effects. It encreaſes the heat of the body, fatigues the patient, and retards, inſtead of promoting, the perſpiration.

Sitting upright in bed, if the patient is able to bear it, will often have a good effect. It relieves the head, by retarding the motion of the blood to the brain. But this poſture ought never to be continued too long: and if the patient is inclined to ſweat, it will be more ſafe to let him lie, only raiſing his head a little with pillows.

Sprinkling the room with vinegar, juice of lemon, or vinegar and roſe water, with a little nitre diſſolved in it, will greatly refreſh the patient. This ought to be done frequently, eſpecially if the weather is hot.

The patient's mouth ought to be often waſhed with a mixture of water and honey, to which a little vinegar may be added, or with a decoction of figs in barley water. His feet and hands ought likewiſe frequently to

to be bathed in lukewarm water; eſpecially if the head is affected.

The patient ſhould be kept as quiet and eaſy as poſſible. Company, noiſe, and every thing that diſtrubs the mind, is hurtful. Even too much light, or any thing that affects the ſenſes, ought to be avoided. His attendants ſhould be as few as poſſible, and they ought not to be too often changed. His inclinations ought rather to be ſoothed than contradicted; even the promiſe of what he craves will often ſatisfy him as much as its reality.

In this and all other fevers, attended with a hard, full, quick pulſe, bleeding is of the greateſt importance. This operation ought always to be performed as ſoon as the ſymptoms of an inflammatory fever appear. The quantity of blood to be taken away, however, muſt be in proportion to the ſtrength of the patient and the violence of the diſeaſe. If after the firſt bleeding the fever ſhould increaſe, and the pulſe become more frequent and hard, there will be a neceſſity for repeating it a ſecond, and perhaps a third, or even a fourth time, which may be done at the diſtance of twelve, eighteen, or twenty-four hours from each other, as the ſymptoms require. If the pulſe continues ſoft, and the patient is tolerably eaſy after the firſt bleeding, it ought not to be repeated.

If the heat and fever be very great, forty or fifty drops of the dulcified or ſweet ſpirit of nitre may be made into a draught, with an ounce of roſe water, two ounces of common water, and half an ounce of ſimple ſyrup, or a bit of loaf ſugar. This draught may be given to the patient every three or four hours while the fever is violent; afterwards once in five or ſix hours will be ſufficient.

If the patient be afflicted with reaching, or an inclination to vomit, it will be right to aſſiſt nature's attempts, by giving him weak camomile-tea, or lukewarm water to drink.

If the body is bound, a cliſter of milk and water, with a little ſalt, and a ſpoonful of ſweet oil or freſh butter

butter in it, ought daily to be adminiſtered. Should this not have the deſired effect, a tea ſpoonful of magneſia alba, or cream of tartar, may be frequently put into his drink. He may likewiſe eat tamarinds, boiled prunes, roaſted apples, and the like.

If about the tenth, eleventh, or twelfth day, the pulſe become more ſoft, the tongue moiſter, and the urine begins to let fall a reddiſh ſediment, there is reaſon to expect a favourable iſſue of the diſeaſe. But if, inſtead of theſe ſymptoms the patient's ſpirits grow languid, his pulſe ſinks, and his breathing becomes difficult; with a ſtupor, trembling of the nerves, ſtarting of the tendons, &c. there is reaſon to fear that the conſequences will be fatal. In this caſe bliſtering plaſters muſt be applied to the head, ancles, inſide of the legs or thighs, as there may be occaſion; poultices of wheat bread, muſtard, and vinegar, may likewiſe be applied to the ſoles of the feet, and the patient muſt be ſupported with cordials, as ſtrong wine-whey, negus, ſago-gruel, with wine in it, and ſuch like.

A proper regimen is not only neceſſary during the fever, but likewiſe after the patient begins to recover. By neglecting this, many relapſe, or fall into other diſeaſes, and continue valetudinary for life. Though the body is weak after a fever, yet the diet for ſome time ought to be rather light than of too nouriſhing a nature. Too much food, drink, exerciſe, company, &c. are carefully to be avoided. The mind ought likewiſe to be kept eaſy, and the patient ſhould not attempt to purſue ſtudy, or any buſineſs that requires intenſe thinking.

If the digeſtion is bad, or the patient is ſeized at times with feveriſh heats, an infuſion of Peruvian bark in cold water will be of uſe. It will ſtrengthen the ſtomach, and help to ſubdue the remains of the fever.

When the patient's ſtrength is pretty well recovered, he ought to take ſome gentle laxative. An ounce of tamarinds and a dram of ſena may be

boiled for a few minutes in an Engliſh pint of water, and an ounce of manna diſſolved in the decoction; afterwards it may be ſtrained, and a teacupful drank every hour till it operates. This doſe may be repeated twice or thrice, five or ſix days intervening.

Thoſe who follow laborious employments ought not to return too ſoon to their labour after a fever, but ſhould keep eaſy till their ſtrength and ſpirits are ſufficiently recruited.

CHAP.

CHAP. V.

Of the Pleurisy.

THE true pleurisy is an inflammation of that membrane called the pleura, which lines the inside of the breast. It is distinguished into the moist and dry. In the former, the patient spits freely; in the latter, little or none at all. There is likewise a species of this disease, which is called the spurious or bastard pleurisy, in which the pain is more external, and chiefly affects the muscles between the ribs. The pleurisy prevails among labouring people, especially such as work without doors, and are of a sanguine constitution. It is most frequent in the spring season.

The pleurisy may be occasioned by whatever obstructs the perspiration; as cold northerly winds; drinking cold liquors when the body is hot; sleeping without doors on the damp ground; wet clothes; plunging the body into cold water, or exposing it to the cold air, when covered with sweat, &c. It may likewise be occasioned by drinking strong liquors; by the stoppage of usual evacuations; as old ulcers, issues, sweating of the feet or hands, &c. the sudden striking in of any eruption, as the itch, the measles, or the small pox. Those who have been accustomed to bleed at a certain season of the year are apt, if they neglect it, to be seized with a pleurisy. Keeping the body too warm by means of fire; clothes, &c. renders it more liable to this disease. A pleurisy may likewise be occasioned by violent exercise, as running, wrestling, leaping, or by supporting great weight, blows on the breast, &c. A bad conformation of the body renders persons more liable to this disease, as a narrow chest, a straitness of the arteries of the pleura, &c.

This, like moſt other fevers, generally begins with chillineſs and ſhivering, which are followed by heat, thirſt, and reſtleſſneſs. To theſe ſucceeds a violent pricking pain in one of the ſides among the ribs. Sometimes the pain extends towards the back-bone, ſometimes towards the fore-part of the breaſt, and at other times towards the ſhoulder blades. The pain is generally moſt violent when the patient draws his breath.

The pulſe in this diſeaſe is commonly quick and hard, the urine high coloured: and if the blood be let, it is covered with a tough cruſt, or buffy coat. The patient's ſpittle is at firſt thin, but afterwards it becomes groſſer,, and is often ſtreaked with blood.

Nature generally endeavours to carry off this diſeaſe by a critical diſcharge of blood from ſome part of the body, by expectoration, ſweat, looſe ſtools, thick urine, or the like. We ought therefore to ſecond her intentions by leſſening the force of the circulation, relaxing the veſſels, diluting the humours, and promoting expectoration.

For theſe purpoſes the diet, as in the former diſeaſe, ought to be cool, ſlender, and diluting. The patient muſt avoid all food that is viſcid, hard of digeſtion, or that affords much nouriſhment; as fleſh, butter, cheeſe, eggs, milk, and alſo every thing that is of a heating nature. His drink may be whey, or an infuſion of pectoral and balſamic vegetables.

Barley-water, with a little honey or jelly of currants mixed with it, is likewiſe a very proper drink in this diſeaſe. It is made by boiling an ounce of pearl-barley in three pints of water to two, which muſt afterwards be ſtrained. The decoction of figs, raiſins, barley, recommended in the preceding diſeaſe, is here likewiſe very proper. Theſe and other diluting liquors are not to be drank in large quantities at a time; but the patient ought to keep continually ſipping them, ſo as to render his mouth and throat always

always moiſt. All his food and drink ſhould be taken a little warm.

The patient ſhould be kept quiet, cool, and every way eaſy, as directed under the foregoing diſeaſe. His feet and hands ought daily to be bathed in luke-warm water; and he may ſometimes ſit up in bed for a ſhort ſpace, in order to relieve his head.

Almoſt every perſon knows, when a fever is attended with a violent pain of the ſide, and a quick hard pulſe, that bleeding is neceſſary. When theſe ſymptoms come on, the ſooner this operation is performed the better; and the quantity at firſt muſt be pretty large, provided the patient is able to bear it. A large quantity of blood let at once, in the beginning of a pleuriſy, has a much better effect than repeated ſmall bleedings. A man may loſe twelve or fourteen ounces of blood as ſoon as it is certainly known that he is ſeized with a pleuriſy. For a younger perſon, or one of a delicate conſtitution, the quantity muſt be leſs.

If, after the firſt bleeding, the ſtitch with the other violent ſymptoms, ſhould ſtill continue, it will be neceſſary, at the diſtance of twelve or eighteen hours, to let eight or nine ounces more. If the ſymptoms do not then abate, and the blood ſhews a ſtrong buffy coat, a third or even a forth bleeding may be requiſite. If the pain of the ſide abates, the pulſe becomes ſofter, or the patient begins to ſpit freely, bleeding ought not to be repeated. This operation is ſeldom neceſſary after the third or fourth day of the fever, and ought not then to be performed, unleſs in the moſt urgent circumſtances.

The blood may be many ways attenuated without bleeding. There are likewiſe many things that may be done to eaſe the pain of the ſide without this operation, as fomenting, bliſtering, &c. Fomentations may be made by boiling a handful of the flowers of elder, camomile, and common mallows, or any other ſoft vegetables in a proper quantity of water. The herbs may be either be put into a flan-

nel

nel bag. and applied warm to the ſide, or flannels may be dipped into the decoction, afterwards wrung out, and applied to the part affected, with as much warmth as the patient can eaſily bear. As the clothes grow cool, they muſt be changed, and great care taken that the patient do not catch cold. A bladder may be filled with warm milk and water, and applied to the ſide, if the above method of fomenting be found inconvenient. Fomentations not only eaſe the pain, but relax the veſſels, and prevent the ſtagnation of the blood and other humours. The ſide may likewiſe be frequently rubbed with a little of the volatile liniment.

Topical bleedings has often a very good effect in this diſeaſe. It may either be performed by applying a number of leeches to the part affected, or by cupping, which is both a more certain and expeditious method than the other.

Leaves of various plants might likewiſe be applied to the patient's ſide with advantage. I have often ſeen great benefit from young cabbage leaves applied warm to the ſide in a pleuriſy. Theſe not only relax the parts, but likewiſe draw off a little moiſture, and may prevent the neceſſity of bliſtering-plaſters; which however, when other things fail, muſt be applied.

If the ſtitch continues after repeated bleedings, fomentations, &c. a bliſtering-plaſter muſt be applied over the part affected, and ſuffered to remain for two days. This not only procures a diſcharge from the ſide, but takes off the ſpaſm, and by that means aſſiſts in removing the cauſe of the diſeaſe. To prevent a ſtrangury when the bliſtering-plaſter is on, the patient may drink freely of the Arabic emulſion.

If the patient is coſtive, a clyſter of thin water-gruel, or of barley-water, in which a handful of mallows, or any other emollient vegetable has been boiled, may be daily adminiſtered. This will not only empty the bowels, but have the effect of a warm

warm fomentation applied to the inferior viſcera, which will help to make a derivation from the breaſt.

The expectoration may be promoted by ſharp, oily, and mucilaginous medicines. For this purpoſe an ounce of the oxymel, or the vinegar of ſquills, may be added to ſix ounces of the pectoral decoction, and two table ſpoonfuls of it taken every two hours.

Should the ſquill diſagree with the ſtomach, the oily emulſion may be adminiſtered; or, in place of it, two ounces of the oil of ſweet almonds, or oil of olives, and two ounces of the ſyrup of violets may be mixed with as much ſugar-candy powdered, as will make an electuary of the conſiſtence of honey. The patient may take a tea ſpoonful of this frequently, when the cough is troubleſome. Should oily medicines prove naufeous, which is ſometimes the caſe, two table ſpoonfuls of the ſolution of gum ammoniac in barley-water may be given three or four times a-day.

If the patient does not perſpire, but has a burning heat upon his ſkin, and paſſes very little water, ſome ſmall doſes of purified nitre and camphire will be of uſe. Two drams of the former may be rubbed with five or ſix grains of the latter in a mortar, and the whole divided into ſix doſes, one of which may be taken every five or ſix hours, in a little of the patient's ordinary drink.

We ſhall only mention one medicine more, which ſome reckon almoſt a ſpecific in the pleuriſy, viz. the decoction of the ſeneka rattle-ſnake root. After bleeding and other evacuations have been premiſed, the patient may take two, three, or four table-ſpoonfuls of this decoction, according as his ſtomach will bear it, three or four times a-day. If it ſhould occaſion vomiting, two or three ounces of ſimple cinnamon-water may be mixed with the quantity of decoction here directed, or it may be taken in ſmaller doſes. As this medicine promotes perſpiration and urine,

urine, and likewiſe keeps the body eaſy, it may be of ſome ſervice in a pleuriſy, or any other inflammation of the breaſt.

No one will imagine that theſe medicines are all to be uſed at the ſame time. We have mentioned different things, on purpoſe that people may have it in their power to chuſe; and likewiſe that when one cannot be obtained, they may make uſe of another. Different medicines are no doubt neceſſary in the different periods of a diſorder; and where one fails of ſucceſs, or diſagrees with the patient, it will be proper to try another.

What is called the criſis or height of the fever, is ſometimes attended with very alarming ſymptoms, as difficulty of breathing, an irregular pulſe, convulſive motions, &c. Theſe are apt to frighten the attendants, and induce them to do improper things, as bleeding the patient, giving him ſtrong ſtimulating medicines, or the like. But they are only the ſtruggles of nature to overcome the diſeaſe, in which ſhe ought to be aſſiſted by plenty of diluting drink, which is then peculiarly neceſſary. If the patients ſtrength however be much exhauſted by the diſeaſe, it will be neceſſary at this time to ſupport him with frequent ſmall draughts of wine-whey, negus, or the like.

When the pain and fever are gone, it will be proper, after the patient has recovered ſufficient ſtrength, to give him ſome gentle purges, as thoſe directed towards the end of an acute continual fever. He ought likewiſe to uſe a light diet, of eaſy digeſtion, and his drink ſhould be butter-milk, whey, and other things of a cleanſing nature.

OF THE BASTARD PLEURISY.

That ſpecies of pleuriſy which is called the baſtard or ſpurious, generally goes off by keeping warm for a few days, drinking plenty of diluting liquors, and obſerving a cool regimen.

It is known by a dry cough, a quick pulſe, and a difficulty of lying on the affected ſide, which laſt does not always happen in the true pleuriſy. Sometimes

times indeed this diſeaſe proves obſtinate, and requires bleeding, with cupping, and ſcarifications of the part affected. Theſe, together with the uſe of nitrous and other cooling medicines, ſeldom fail to effect a cure.

OF THE PARAPHRENITIS.

The paraphrenitis, or inflammation of the diaphragm, is ſo nearly connected with the pleuriſy, and reſembles it ſo much in the manner of treatment, that it is ſcarce neceſſary to conſider it as a ſeparate diſeaſe.

It is attended with a very acute fever, and an extreme pain in the part affected, which is generally augmented by coughing, ſneezing, drawing in the breath, taking food, going to ſtool, making water, &c. Hence the patient breathes quick, and draws in his bowels to prevent the motion of the diaphragm; is reſtleſs, anxious, has a dry cough, a hiccup, and often a delirium. A convulſive laugh, or rather a kind of involuntary grin, is no uncommon ſymptom of this diſeaſe.

Every method muſt be taken to prevent a ſuppuration, as it is impoſſible to ſave the patient's life when this happens. The regimen and medicine are in all reſpects the ſame as in the pleuriſy. We ſhall only add, that in this diſeaſe, emollient clyſters are peculiarly uſeful, as they relax the bowels, and by that means make a derivation from the part affected.

CHAP. V.

Of a Peripneumony, or Inflammation of the Lungs.

AS this diſeaſe affects an organ which is abſolutely neceſſary to life, it muſt always be attended with danger. Perſons who abound with thick blood, whoſe fibres are tenſe and rigid, who feed upon groſs food, and drink ſtrong viſcid liquors, are moſt liable to a peripneumony. It is generally fatal to thoſe who have a flat breaſt, or narrow cheſt, and to ſuch as are afflicted with an aſthma, eſpecially in the decline of life. Sometimes the inflammation reaches to one lobe of the lungs only, at other times the whole of the organ is affected; in which caſe the diſeaſe can hardly fail to prove fatal.

When the diſeaſe proceeds from a tough matter obſtructing the veſſels of the lungs, it is called a ſpurious or baſtard peripneumony. When it ariſes from a thin acrid defluction on the lungs, it is denominated a catarrhal peripneumony, &c. This diſeaſe commonly attacks old, infirm, and phlegmatic, in winter and wet ſeaſons.

An inflammation of the lungs, is ſometimes a primary diſeaſe, and ſometimes it is the conſequence of other diſeaſes, as a quinſey, a pleuriſy, &c. It proceeds from the ſame cauſes as the pleuriſy, viz. an obſtructed perſpiration from cold, wet clothes, &c. or from an increaſed circulation of the blood by violent exerciſe, the uſe of ſpiceries, ardent ſpirits, and ſuch like. The pleuriſy and peripneumony are often complicated; in which caſe the diſeaſe is called a pleuro-peripneumony.

Moſt of the ſymptoms of a pleuriſy likewiſe attend an inflammation of the lungs; only in the latter the pulſe is more ſoft, and the pain leſs acute: but the difficulty

difficulty of breathing, and oppreſſion of the breaſt, are generally greater.

As the regimen and medicine are in all reſpects the ſame in the true peripneumony as in the pleuriſy, we ſhall not here repeat them, but refer the reader to the treatment of that diſeaſe. It may not however be improper to add, that the aliment ought to be more ſlender and thin in this than in any other inflammatory diſeaſe. The learned Dr. Arbuthnot aſſerts, that even common whey is ſufficient to ſupport the patient, and that decoctions of barley, and infuſions of fennel roots in warm water with milk, are the moſt proper both for drink and nouriſhment. He likewiſe recommends the ſteam of warm water taken in by the breath, which ſerves as a kind of internal fomentation, and helps to attenuate the impacted humours. If the patient has looſe ſtools, but is not weakened by them, they are not to be ſtopped, but rather promoted by the uſe of emollient clyſters.

The patient at the beginning is cold and hot by turns, has a ſmall, quick pulſe feels a ſenſe of weight upon his breaſt, breathes with difficulty, and ſometimes complains of a pain and giddineſs of his head. His urine is uſually pale, and his colour very little changed.

The diet, in this as well as in the true Peripneumony, muſt be very ſlender, as weak broths ſharpened with the juice of orange or lemon, and ſuch like. His drink may be thin water-gruel ſweetened with honey, or a decoction of the roots of fennel, liquorice, and quick graſs. An ounce of each of theſe may be boiled in three pints of water to a quart, and ſharpened with a little currant jelly, or the like.

Bleeding and purging are generally proper at the beginning of this diſeaſe; but if the patient's ſpittle is pretty thick, or well concocted, neither of them are neceſſary. It will be ſufficient to aſſiſt the expectoration by ſome of the ſharp medicines recommended for that purpoſe in the pleuriſy, as the ſolution of gum-ammoniac with oxymel of ſquills, &c. Bliſtering-

plaſters have generally a good effect, and ought to be applied pretty early.

If the patient does not ſpit, he muſt be bled according as his ſtrength will permit, and have a gentle purge adminiſtered. Afterwards his body may be kept open by clyſters, and the expectoration promoted, by taking every four hours two table-ſpoonfuls of the ſolution mentioned above.

When an inflammation of the breaſt does not yield to bleeding, bliſtering, and other evacuations, it commonly ends in a ſuppuration, which is more or leſs dangerous, according to the part where it is ſituated. When this happens in the pleura, it ſometimes breaks outwardly, and the matter is diſcharged by the wound.

When the ſuppuration or wound happens within the lungs, the matter may be diſcharged by ſpitting; but if the matter floats in the cavity of the breaſt, between the pleura and the lungs, it can only be diſcharged by an inciſion made betwixt the ribs.

If the patient's ſtrength does not return after the inflammation is to all appearance removed; if his pulſe continues quick though ſoft, his breathing difficult and oppreſſed; if he has cold ſhiverings at times, his cheeks flushed, his lips dry; and if he complains of thirſt, and want of appetite, there is reaſon to fear a ſuppuration, and that a conſumption of the lungs will enſue. We ſhall therefore next proceed to conſider the proper treatment of that diſeaſe.

CHAP

CHAP. VI.

Of Conſumptions.

A CONSUMPTION is a waſting or decay of the whole body from an ulcer, tubercles, or concretions of the lungs, an empyema, a nervous atrophy, or cachexy.

Dr. Arbuthnot obſerves, that in his time conſumptions made up above one tenth part of the bills of mortality in and about London. There is reaſon to believe they have rather increaſed ſince; and we know from experience, that they are not leſs fatal in ſome other towns of England than in London.

Young perſons, between the age of fifteen and thirty, of a ſlender make, long neck, high ſhoulders, and flat breaſt, are moſt liable to this diſeaſe.

Conſumptions prevail more in England than in any other part of the world, owing perhaps to the great uſe of animal food and malt liquors, the general application to ſedentary employments, and the great quantity of pit-coal which is there burnt; to which we may add the perpetual changes in the atmoſphere, or variableneſs of the weather.

It has already been obſerved, that an inflammation of the breaſt often ends in an impoſthume: conſequently whatever diſpoſes people to this diſeaſe, muſt be conſidered as a cauſe of conſumption.

Other diſeaſes, by vitiating the habit, may likewiſe occaſion conſumptions; as the ſcurvy, the ſcrophula, or king's evil, the venereal diſeaſe, the aſthma, ſmall-pox, meaſles, &c.

As this diſeaſe is ſeldom cured, we ſhall endeavour the more particularly to point out its cauſes, in order that people may be enabled to avoid it. Theſe are:—

——Confined or unwholeſome air. When this fluid

fluid is impregnated with the fumes of metals or minerals, it proves extremely hurtful to the lungs, and often corrodes the tender veſſels of that neceſſary organ.

——Violent paſſions, exertions or affections of the mind; as grief, diſappointment, anxiety, or cloſe application to the ſtudy of abſtruſe arts or ſciences.

——Great evacuations; as ſweating, diarrhœs, diabetes, exceſſive venery, the fluor albus, an over-diſcharge of the menſtrual flux, giving ſuck too long, &c.

——The ſudden ſtoppage of the cuſtomary evacuations; as the bleeding piles, ſweating of the feet, iſſues, bleeding at the noſe, the menſes, ulcers, or eruptions of any kind.

——Making a ſudden tranſition from a hot to a very cold climate, change of apparel, or whatever greatly leſſens the perſpiration.

——Frequent and exceſſive debaucheries. Late watching, and drinking ſtrong liquors, which generally go together, can hardly fail to deſtroy the lungs. Hence the intemperate generally fall a ſacrifice to this diſeaſe.

Conſumptions are often caught by ſleeping with the diſeaſed; for which reaſon this ſhould be carefully avoided. It cannot be of great benefit to the ſick, and muſt hurt thoſe in health.

Thoſe artificers who ſit much, and are conſtantly leaning forward, or preſſing upon the ſtomach and breaſt, as cutlers, tailors, ſhoe-makers, ſeamſtreſſes, &c. often die of conſumptions. They likewiſe prove fatal to fingers, and all who have occaſion to make frequent and violent exertions of the lungs.

More conſumptive patients date the beginning of their diſorders from wet feet, damp beds, night air, wet clothes, or catching cold after the body had been heated, than from all other cauſes.

Sharp, ſaline, and aromatic aliments, which heat and inflame the blood, are alſo frequently the cauſe of conſumptions.

We

We ſhall only add, that this diſeaſe is often owing to an hereditary taint, or a ſcrophulous habit; in which caſe it is generally incurable!

This diſeaſe generally begins with a dry cough, which often continues for ſome months. If a diſpoſition to vomit after eating be excited by it, there is ſtill greater reaſon to fear an approaching conſumption. The patient complains of a more than uſual degree of heat, a pain and oppreſſion of the breaſt, eſpecially after motion; his ſpittle is of a ſaltiſh taſte, and ſometimes mixed with blood. He is apt to be ſad; his appetite is bad, and his thirſt great. There is generally a quick, ſoft, ſmall pulſe; though ſometimes the pulſe is pretty full, and rather hard. Theſe are the common ſymptoms of a beginning conſumption.

Afterwards the patient begins to ſpit a greeniſh, white, or bloody matter. His body is extenuated by the hectic fever, and colliquative ſweats, which mutually ſucceed one another, viz. the one towards night, and the other in the morning. A looſeneſs and an exceſſive diſcharge of urine, are often troubleſome ſymptoms at this time, and greatly weaken the patient. There is a burning heat in the palms of the hands, and the face generally fluſhes after eating; the fingers become remarkably ſmall, the nails are bent inwards, and the hairs fall off.

At laſt the ſwelling of the feet and legs, the total loſs of ſtrength, the ſinking of the eyes, the difficulty of ſwallowing, and the coldneſs of the extremities, ſhew the immediate approach of death, which however the patient ſeldom believes to be near. Such is the uſual progreſs of this fatal diſeaſe, which, if not early checked, commonly ſets all medicine at defiance.

On the firſt appearance of a conſumption, if the patient lives in a large town, or any place where the air is confined, he ought immediately to remove to ſome ſituation in the country, where the air is pure and free. Here he muſt not remain inactive, but take every day as much exerciſe as he can bear.

The

The beſt method of taking exerciſe is to ride on horſeback, as this gives the body a great deal of motion without much fatigue. Such as cannot bear this kind of exerciſe, muſt make uſe of a carriage. A long journey as it amuſes the mind by a continual change of objects, is greatly preferable to riding the ſame ground over and over. Care however muſt be taken to avoid catching cold from wet clothes, damp beds, or the like. The patient ought always to finiſh his ride in the morning, or at leaſt before dinner; otherwiſe it will oftener do more harm than good.

It is pity that thoſe who attend the ſick ſeldom recommend riding in this diſeaſe, till the patient is either unable to bear it, or the malady has become incurable. Patients are likewiſe apt to trifle with every thing that is in their own power. They cannot ſee how one of the common actions of life ſhould prove a remedy in an obſtinate diſeaſe, and therefore they reject it, while they greedily hunt after relief from medicine, merely becauſe they do not underſtand it.

Thoſe who have ſtrength and courage to undertake a pretty long voyage, may expect great advantage from it. This has frequently cured a conſumption after the patient was, to all appearance, far advanced in that diſeaſe, and where medicine had proved ineffectual. Hence it is reaſonable to conclude, that if a voyage were undertaken in due time, and of ſome length, it would ſeldom fail to perform a cure.

Such as try this method of cure ought to carry as much freſh proviſions along with them as will ſerve for the whole time they are at ſea. As milk is not eaſily to be obtained in this ſituation, they ought to live upon fruits, and the broth of chickens, or other young animals which can be kept alive on board. It is ſcarely neceſſary to add, that ſuch voyages ſhould be undertaken, if poſſible, in the mildeſt ſeaſon, and that they ought to be towards a warmer climate.

Thoſe who have not courage for a long voyage may travel into a more ſouthern climate, as the ſouth of France, Spain, or Portugal; and if they find the air of

theſe countries agree with them, they ſhould continue there at leaſt till their health be confirmed.

Next to proper air and exerciſe, we would recommend a due attention to diet. The patient ſhould eat nothing that is either heating or hard of digeſtion, and his drink muſt be of a ſoft and cooling nature. All the diet ought to be calculated to leſſen the acrimony of the humours, and to nouriſh and ſupport the patient. For this purpoſe he muſt keep chiefly to the uſe of vegetables and milk. Milk alone is of more value in this diſeaſe than the whole materia medica.

Aſſes' milk is commonly reckoned preferable to any other; but it cannot always be obtained; beſides, it is generally taken in a very ſmall quantity; whereas, to produce any effects, it ought to make a conſiderable part of the patient's diet. It is hardly to be expected, that a gill or two of aſſes' milk, drank in the ſpace of twenty-four hours, ſhould be able to produce any conſiderable change in the humours of an adult; and when people do not perceive its effects ſoon, they loſe hope, and ſo leave it off. Hence it happens that this medicine, however valuable, very ſeldom perfoms a cure. The reaſon is obvious; it is commonly uſed too late, is taken in too ſmall quantities, and is not duly perſiſted in.

Very extraordinary effects have been known from aſſes' milk in obſtinate coughs, which threatened a conſumption of the lungs; and we do verily believe, if uſed at this period, that it ſeldom fails; but if it be delayed till an ulcer is formed, which is generally the caſe, how can it be expected to ſucceed.

Aſſes' milk ought to be drank, if poſſible, in its natural warmth, and by a grown perſon, in the quantity of half a pint at a time. Inſtead of taking this quantity night and morning only, the patient ought to take it four times, or at leaſt thrice a-day, and to eat a little light bread along with it, ſo as to make it a kind of meal.

If the milk ſhould happen to purge, it may be mixed with old conſerve of roſes. When that cannot be ob-

tained, the powder of crabs' claws may be uſed in its ſtead. Aſſes' milk is uſually ordered to be drank warm in bed: but as it generally throws the patient into a ſweat when taken in this way, it would perhaps be better to give it after he riſes.

Some extraordinary cures in conſumptive caſes have been performed by woman's milk. Could this be obtained in ſufficient quantity, we would recommend it in preference to any other. It is better if the patient can ſuck it from the breaſt, than to drink it afterwards. Dr. Buchan ſays, he knew a man who was reduced to ſuch a degree of weakneſs in a conſumption, as not to be able turn himſelf in bed. His wife was at that time giving ſuck, and the child happening to die, he ſucked her breaſts, not with a view to reap any advantage from the milk, but to make her eaſy. Finding himſelf, however, greatly benefited by it, he continued to ſuck her till he became perfectly well, and is at preſent a ſtrong and healthy man.

Some prefer butter-milk to any other, and it is indeed a very valuable medicine, if the ſtomach be able to bear it. It does not agree with every perſon at firſt; and is therefore often laid aſide without a ſufficient trial. It ſhould at firſt be taken ſparingly, and the quantity gradually increaſed, until it comes to be almoſt the ſole food. It ſeldom ſucceeds unleſs where the patient almoſt lives upon it.

Cows' milk is moſt readily obtained of any, and though it be not ſo eaſily digeſted as that of aſſes' or mares', it may be rendered lighter, by adding to it an equal quantity of barley-water, or allowing it to ſtand for ſome hours, and afterwards taking off the cream.

If it ſhould, notwithſtanding, prove heavy on the ſtomach, a ſmall quantity of brandy or rum, with a little ſugar, may be added, which will render it both more light and nouriſhing.

It is not to be wondered, that milk ſhould for ſome time diſagree with a ſtomach that has not been accuſtomed to digeſt any thing but fleſh and ſtrong liquors, which is the caſe with many of thoſe who fall into

into conſumptions. We do not, however, adviſe thoſe who have been accuſtomed to animal food and ſtrong liquors to leave them off all at once. This might be dangerous. It will be neceſſary for ſuch to eat a little once a day of the fleſh of ſome young animal, or rather to uſe the broth made of chickens, veal, lamb, and the like. They ought likewiſe to drink a little wine made into negus, or diluted with twice or thrice its quantity of water, and to make it gradually weaker till they can leave it off altogether.

Theſe muſt be uſed only as preparatives to a diet conſiſting chiefly of milk and vegetables, which the ſooner the patient can be brought to bear, the better. Rice and milk, or barley and milk, boiled with a little ſugar, is very proper food. Ripe fruits roaſted, baked, or boiled, are likewiſe proper, as gooſe or currant-berry tarts, apples roaſted or boiled in milk, &c. The jellies, conſerves, preſerves, &c. of ripe ſubacid fruits, ought to be eaten plentifully, as the jelly of currants, conſerve of roſes, preſerved plums, cherries, &c.

Wholeſome air, proper exerciſe, and a diet conſiſting chiefly of theſe and other vegetables, with milk, is the only courſe that can be depended on in a beginning conſumption. If the patient has ſtrength and ſufficient reſolution to perſiſt in this courſe, there is great reaſon to expect a cure.

In populous towns, where conſumptions are very common, conſumptive patients, who have been ſent to the country with orders to ride and live upon milk and vegetables, frequently return in a few months quite plump and free from any complaint. This indeed is not always the caſe, eſpecially when the diſeaſe is hereditary, or far advanced; but it is the only method in which ſucceſs may be expected :— where it fails, medicine cannot ſucceed.

If the patient's ſtrength and ſpirits flag, he muſt be ſupported by ſtrong broths, jellies, and ſuch like. Some recommend ſhell fiſh, particularly oyſters, in this diſorder, and with ſome reaſon, as they are nouriſhing and reſtorative. All the food and drink ought

however ought to be taken in ſmall quantities, leſt an over-charge of freſh chyle ſhould oppreſs the lungs, and too much accelerate the circulation of the blood.

The patient's mind ought to be kept as eaſy and cheerful as poſſible. Conſumptions are often occaſioned, and always aggravated, by a melancholy caſt of mind; for which reaſon muſic, cheerful company, and every thing that inſpires mirth, are highly beneficial. The patient ought not to be left alone, as brooding over his calamities is ſure to render him worſe.

Though the cure of this diſeaſe depends chiefly upon regimen and the patient's own endeavours, yet we ſhall mention a few things which may be of ſervice in relieving ſome of the more violent ſymptoms.

In the firſt ſtage of a conſumption, the cough may ſometimes be appeaſed by bleeding, and the expectoration may be promoted by the following medicines. Take freſh ſquills, gum-ammoniac, and powdered cardamum ſeeds, of each a quarter of an ounce; beat them together in a mortar, and if the maſs proves too hard for pills, a little of any kind of ſyrup may be added to it. This may be formed into pills of a moderate ſize, and four or five of them taken twice or thrice a-day, according as the patient's ſtomach will bear them.

The lac ammoniacum, or milk of gum ammoniac, as it is called, is likewiſe a proper medicine in this ſtage of the diſeaſe. It may be uſed as directed in the pleuriſy.

A mixture made of equal parts of lemon juice, fine honey, and ſyrup of poppies, may likewiſe be uſed. Four ounces of each of theſe may be ſimmered together in a ſauce-pan, over a gentle fire, and a table-ſpoonful of it taken at any time when the cough is troubleſome.

It is common in this ſtage of the diſeaſe to load the patient's ſtomach with oily and balſamic medicines. Theſe, inſtead of removing the cauſe of the diſeaſe, tend rather to encreaſe it by heating the blood, while they pall the appetite, relax the ſolids, and prove every

every way hurtful to the patient. Whatever is uſed for removing a cough, beſides riding and proper regimen, ought to be medicines of a ſharp and cleanſing nature; as oxymel, ſyrup of lemon, &c.

Acids ſeem to have peculiar good effects in this diſeaſe; they tend both to quench the patient's thirſt and to cool the blood. The vegetable acids, as apples, oranges, lemons, &c. appear to be the moſt proper. Patients may ſuck the juice of ſeveral lemons every day with manifeſt advantage, and we would recommend acid vegetables to be taken in as great quantity as the ſtomach will bear them.

For the patient's drink, we would recommend infuſions of bitter plants, as ground-ivy, the leſſer centaury, camomile flowers, or water-trefoil. Theſe infuſions may be drank at pleaſure. They ſtrengthen the ſtomach, promote digeſtion, and at the ſame time anſwer all the purpoſes of dilution, and quench the thirſt much better than things that are luſcious or ſweet. But if the patient ſpits blood, he ought to uſe, for his ordinary drink, infuſions or decoctions of the vulnerary roots, plants, &c.

There are many other mucilaginous plants and ſeeds, of a healing and agglutinating nature, from which decoctions or infuſions may be prepared with the ſame intention; as the orches, the quince-ſeed, coltsfoot, linſeed, ſarſaparilla, &c. Simple infuſion or boiling is all that is neceſſary in preparing theſe drinks, and the doſe may be at diſcretion.

The conſerve of roſes is here peculiarly proper. It may either be put into the decoction above preſcribed, or eaten by itſelf. No benefit is to be expected from trifling doſes of this medicine. We never knew it of any ſervice, unleſs where three or four ounces at leaſt were uſed daily for a conſiderable time. In this way we have ſeen it produce very happy effects, and would recommend it wherever there is a diſcharge of blood from the lungs.

When the ſpitting up of groſs matter, oppreſſion of the breaſt, and the hectic ſymptoms, ſhew that an impoſthume

impoſthume is formed in the lungs, we would recommend the Peruvian bark, that being the only drug which has any chance to counteract the general tendency which the humours then have to putrefaction.

An ounce of the bark in powder may be divided into eighteen or twenty doſes, of which one may be taken every three hours through the day, in a little ſyrup, or a cup of horehound tea.

If the bark ſhould happen to purge, it may be made into an electuary, with the conſerve of roſes, thus: Take old conſerve of roſes a quarter of a pound, Peruvian bark, a quarter of an ounce, ſyrup of orange or lemon, as much as will make it of the conſiſtence of honey. This quantity will ſerve the patient four or five days, and may be repeated as there is occaſion.

Such as cannot take the bark in ſubſtance, may infuſe it in cold water. This ſeems to be the beſt menſtruum for extracting the virtues of that drug. Half an ounce of bark in powder may be infuſed for twenty-four hours in half an Engliſh pint of water. Afterwards let it be paſſed through a fine ſtrainer, and an ordinary tea-cupful of it taken three or four times a-day.

We would not recommend the bark while there are any ſymptoms of an inflammation of the breaſt; but when it is certainly known that matter is collected there, it is one of the beſt medicines which can be uſed. Few patients indeed have reſolution enough to give the bark a fair trial at this period of the diſeaſe, otherwiſe we have reaſon to believe that ſome benefit might be reaped from it.

When it is evident that there is an impoſthume in the breaſt, and the matter can neither be ſpit up nor carried off by abſorption, the patient muſt endeavour to make it break inwardly, by drawing in the ſteams of warm water, or vinegar with his breath, coughing, laughing, or bawling aloud, &c. When it happens to burſt within the lungs, the matter may be diſcharged

charged by the mouth. Sometimes indeed the burſting of the vomica occaſions immediate death by ſuffocating the patient. When the quantity of matter is great, and the patient's ſtrength exhauſted, this is commonly the caſe. At any rate the patient is ready to fall into a ſwoon, and ſhould have volatile ſalts or ſpirits held to his noſe.

If the matter diſcharged be thick, and the cough and breathing become eaſier, there may be ſome hopes of a cure. The diet at this time ought to be light, but reſtorative, as chicken-broths, ſago-gruel, rice-milk, &c. the drink, butter-milk or whey, ſweetened with honey. This is likewiſe a proper time for uſing the Peruvian bark, which may be taken as directed above.

If the vomica or impoſthume ſhould diſcharge itſelf into the cavity of the breaſt, between the pleura and the lungs, there is no way of getting the matter out but by an inciſion, as has already been obſerved. As this operation muſt always be performed by a ſurgeon, it is not neceſſary here to deſcribe it. We ſhall only had, that it is not ſo dreadful as people are apt to imagine, and that it is the only chance the patient in this caſe has for his life.

A NERVOUS CONSUMPTION

Is a waſting or decay of the whole body, without any conſiderable degree of fever, cough, or difficulty of breathing. It is attended with indigeſtion, weakneſs, and want of appetite, &c.

Thoſe who are of a fretful temper, who indulge in ſpirituous liquors, or who breathe an unwholeſome air, are moſt liable to this diſeaſe.

We would chiefly recommend for the cure of a nervous conſumption, a light and nouriſhing diet, plenty of exerciſe in a free open air, and the uſe of ſuch bitters as brace and ſtrengthen the ſtomach; as the Peruvian bark, gentian root, camomile, hore-hound, &c. Theſe may be infuſed in water or wine, and a glaſs of it drank frequently.

It

It will greatly assist the digestion, and promote the cure of this disease, to take twice a day twenty or thirty drops of the elixir of vitriol in a glass of wine or water. Chalybeate wine is also an excellent medicine in this case. It strengthens the solids, and powerfully assists nature in the preparation of good blood.

Agreeable amusements, cheerful company, and riding about, are however preferable to all medicines in this disease. For which reason, when the patient can afford it, we would recommend a long journey of pleasure, as the most likely means to restore his health.

What is called a symptomatic consumption, cannot be cured without first removing the disease by which it is occasioned. Thus, when a consumption proceeds from the scrophula, scurvy, the asthma, the venereal disease, &c. a due attention must be paid to the malady from whence it arises, and the regimen and medicine directed accordingly.

When excessive evacuations of any kind occasion a consumption, they must not only be restrained, but the patient's strength must be restored by gentle exercise, nourishing diet, and generous cordials. Young and delicate mothers often fall into consumptions, by giving suck too long. As soon as they perceive their strength and appetite begin to fail, they ought immediately to wean the child, or provide another nurse, otherwise they cannot expect a cure.

Before we quit this subject, we would earnestly recommend it to all, as they wish to avoid consumptions, to take as much exercise, without doors, as they can, to avoid unwholesome air, and to study sobriety. Consumptions owe their present increase not a little to the fashion of sitting up late, eating hot suppers and spending every evening over a bowl of hot punch or other strong liquor. These liquors, when too freely used, not only hurt the digestion, and spoil the appetite, but heat and inflame the blood, and set the whole constitution on fire!

CHAP.

CHAP. VIII.

Of the ſlow or Nervous fever.

NERVOUS fevers have greatly increaſed of late years in this iſland, owing, doubtleſs, to our different manner of living, and the increaſe of ſedentary employments; as they commonly attack perſons of a weak relaxed habit, who neglect exerciſe, eat little ſolid food, ſtudy hard, or indulge in ſpirituous liquors.

Nervous fevers may be occaſioned by whatever depreſſes the ſpirits, or impoveriſhes the blood; as grief, fear, anxiety, want of ſleep, intenſe thought, living on poor watery diet, unripe fruits, cucumbers, melons, muſhrooms, &c. They may likewiſe be occaſioned by damp, confined, or unwholeſome air. Hence they are very common in rainy ſeaſons, and prove moſt fatal to thoſe who live in dirty low houſes, crowded ſtreets, hoſpitals, jails, and ſuch like places.

Perſons whoſe conſtitutions have been broken by exceſſive venery, frequent ſalivations, too free an uſe of purgative medicines, or any other exceſſive evacuations, are moſt liable to this diſeaſe.

Keeping on wet clothes, lying on the damp ground, exceſſive fatigue, and whatever obſtructs the perſpiration, or cauſes the ſpaſmodic ſtricture of the ſolids, may likewiſe occaſion nervous fevers. We ſhall only add, frequent and great irregulaities in diet. Too great abſtinence, as well as exceſs, is hurtful. Nothing tends ſo much to preſerve the body in a ſound ſtate as a regular in diet; nor can any thing contribute more to occaſion fevers of the worſt kind than its oppoſite.

Low ſpirits, want of appetite, weakneſs, wearineſs after motion, watchfulneſs, deep ſighing and dejec-

tion of mind, are generally the forerunners of this diſeaſe. Theſe are ſucceeded by a quick low pulſe, a dry tongue without any conſiderable thirſt, chilneſs and fluſhing in turns, &c.

After ſome time the patient complains of a giddineſs and pain of the head, has a nauſea, with reachings and vomiting; the pulſe is quick, and ſometimes intermitting; the urine pale, reſembling dead ſmall-beer; the breathing is difficult, and ſlight alienations of mind.

If towards the ninth, tenth, or twelfth day, the tongue becomes more moiſt, with a plentiful ſpitting, a gentle purging or a moiſture upon the ſkin; or if a ſuppuration happens in one or both ears, or large puſtules break out about the lips and noſe, there is reaſon to hope for a favourable criſis.

But if there is an exceſſive looſeneſs, or waſting ſweats, with frequent fainting fits; if the tongue, when put out, trembles exceſſively, and the extremities feel cold, with a fluttering or ſlow creeping pulſe; if there is a ſtarting of the tendons, an almoſt total loſs of ſight and hearing, and an involuntary diſcharge by ſtool and urine, there is great reaſon to fear that death is approaching.

It is very neceſſary in this diſeaſe to keep the patient cool and quiet. The leaſt motion would fatigue him, and will be apt to occaſion wearineſs, and even faintings. His mind ought not only to be kept eaſy, but ſoothed and comforted with the hopes of a ſpeedy recovery. Nothing is more hurtful in low fevers of this kind than preſenting to the patient's imagination gloomy or frightful ideas. Theſe of themſelves often occaſion nervous fevers, and it is not to be doubted but they will likewiſe aggravate them.

The patient muſt not be kept too low. His ſtrength and ſpirits ought to be ſupported by nouriſhing diet and generous cordials. For this purpoſe his gruel, panado, or whatever food he takes, muſt be mixed with wine according as the ſymptoms may require.—Pretty ſtrong wine-whey, or ſmall negus ſharpened with

with the juice of orange or lemon, will be proper for his ordinary drink. Muſtard-whey is likewiſe a very proper drink in this fever, and may be rendered an excellent cordial medicine by the addition of a proper quantity of white-wine.

Wine in this diſeaſe, if it could be obtained genuine, and adminiſtered in ſufficient quantity is almoſt the only medicine that would be neceſſary. Good wine poſſeſſes all the virtues of the cordial medicines, while it is free from many of their bad qualities. We ſay good wine; for however common this article of luxury is now become, it is rarely to be obtained genuine, eſpecially by the poor, who are obliged to purchaſe it in ſmall quantities. Good old ſound claret is the beſt, and may be made into negus or given by itſelf as circumſtances require.

In a word, the great aim in this diſeaſe is to ſupport the patient's ſtrength, by giving him frequently ſmall quantities of the above, or other drinks of a warm and cordial nature. His food ought to be light, and given in ſmall quantities.

Where a nauſea, load, and ſickneſs at ſtomach, prevail at the beginning of the fever, it will be neceſſary to give the patient a gentle vomit. Fifteen or twenty grains of ipecacuanha in fine powder, or a few ſpoonfuls of the vomiting julep, will generally anſwer this purpoſe very well. This may be repeated any time before the third or fourth day, if the above ſymptoms continue. Vomits not only cleanſe the ſtomach, but by the general ſhock which they give, promote the perſpiration, and have other excellent effects in ſlow fevers, where there are no ſigns of inflammation, and nature wants rouſing.

Such as dare not venture upon a vomit may clean the bowels by a ſmall doſe of Turkey rhubarb, or an infuſion of ſenna and manna.

In all fevers, the great point is to regulate the ſymptoms, ſo as to prevent them from going to either extreme. Thus, in fevers of an inflammatory kind, where the circulation of the blood is too great, or the

blood denſe, and the fibres too rigid, bleeding and other evacuations are neceſſary. But in nervous fevers, where nature flags, where the blood is vapid and poor, and the ſolids relaxed, the lancet muſt be ſparede, and wine, with other cordials, plentifully adminiſtered.

It is the more neceſſary to caution people againſt bleeding in this diſeaſe, as there is generally at the beginning an univerſal ſtricture upon the veſſels, an ſometimes an oppreſſion and difficulty of breathing, which ſuggeſts the idea of a plethora, or too great a quantity of blood. Even ſome of the faculty have been deceived by their own feelings in this reſpect, ſo far as to inſiſt upon being bled, when it was evident, from the conſequences, that the operation was improper.

Though bleeding is generally improper in this diſeaſe, yet bliſtering is highly neceſſary. Bliſtering-plaſters may be applied at all times of the fever with great advantage. If the patient is delirious he ought to be bliſtered on the neck or head, and it will be the ſafeſt courſe, when the inſenſibility continues, as ſoon as the diſcharge occaſioned by one bliſtering-plaſter abates, to apply another to ſome other part of the body, and by that means keep up a continual ſucceſſion of them till he be out of danger.

Bliſtering-plaſters not only ſtimulate the ſolids to action, but likewiſe occaſion a continual diſcharge, which may in ſome meaſure ſupply the want of critical evacuations, which ſeldom happen in this kind of fever. They are moſt proper, however, either towards the beginning, or after ſome degree of ſtupor has come on, in which laſt caſe it will always be proper to bliſter the head.

If the patient is coſtive through the courſe of the diſeaſe, it will be neceſſary to procure a ſtool, by giving him every other day a clyſter of milk and water, with a little ſugar, to which may be added a ſpoonful of common ſalt, if the above does not operate.

Should a violent looſeneſs come on, it may be

checked

checked by ſmall quantities of Venice treacle, or giving the patient for his ordinary drink the white decoction.

A miliary eruption ſometimes breaks out about the ninth or tenth day. As eruptions are often critical, great care ſhould be taken not to retard nature's operation in this particular. The eruption ought neither to be checked by bleeding or other evacuations, nor puſhed out by a hot regimen; but the patient ſhould be ſupported by gentle cordials, as wine-whey, ſmall negus, ſago-gruel with a little wine in it, and ſuch like. He ought not to be kept too warm; yet a kindly breathing ſweat ſhould by no means be checked.

Though bliſtering and the uſe of cordial liquors are the chief things to be depended on in this kind of fever; yet for thoſe who chuſe to uſe them, we ſhall mention one or two of the forms of medicine which are commonly preſcribed in it.

When the patient is low, five grains of Ruſſian caſtor, ſnake-root and contrayerva-root, of each ten grains, all in fine powder, may be made into a bolus with a little of the cordial confection of ſyrup of ſaffron. One of theſe may be taken every four or five hours.

In deſperate caſes, where the hiccup and ſtarting of the tendons have already come on, we have ſometimes ſeen extraordinary effects from large doſes of muſk frequently repeated. Muſk is doubtleſs an antiſpaſmodic, and may be given to the quantity of a ſcruple three or four times a-day, or oftener if neceſſary. Sometimes it may be proper to add to the muſk a few grains of camphire and ſalt of hartſhorn, as theſe tend to promote perſpiration and the diſcharge of urine. Thus, fifteen grains of muſk, three grains of camphire, and ſix grains of ſalt of hartſhorn, may be made into a bolus with a little ſyrup, and given as above.

If the fever ſhould happen to intermit, which it frequently does towards the decline, or if the patient's ſtrength ſhould be waſted by colliquative ſweats, &c. it will be neceſſary to give him the Peruvian bark. Half a dram

a dram, or a whole dram, if the ſtomach will bear it, of the bark in fine powder, may be given four or five times a-day in a glaſs of red port or claret. Should the bark in ſubſtance not ſit eaſy on the ſtomach, an ounce of it in powder may be infuſed in a bottle of Liſbon or Rheniſh wine for two or three days, afterwards it may be ſtrained, and a glaſs of it taken frequently.

The bark may likewiſe be very properly adminiſtered, along with other cordials, in the following manner:—Take an ounce of bark, orange-peel half an ounce, ſnake-root two drams, ſaffron one dram. Let all of them be powdered, and infuſed in a pint of the beſt brandy for three or four days; afterwards ſtrain the liquor, and two tea-ſpoonfuls may be taken three or four times a-day in a glaſs of ſmall wine or negus.

Some give the bark in this and other fevers, where there are no ſymptoms of inflammation, without any regard to the remiſſion or intermiſſion of the fever. How far future obſervations may tend to eſtabliſh this practice, we will not pretend to ſay; but we have reaſon to believe the bark is a very univerſal febrifuge, and that it may be adminiſtered with advantage in moſt fevers where bleeding is not neceſſary, or where there are no ſymptoms of topical inflammation.

CHAP.

CHAP. IX.

Of the Malignant, Putrid or Spotted Fever.

THIS may be called the peſtilential fever of Europe, as in many of its ſymptoms it bears a great reſemblance to that dreadful diſeaſe the plague. Perſons of lax habit, a melancholy diſpoſition, and thoſe whoſe vigour has been waſted by long faſting, watching, hard labour, exceſſive venery, frequent ſalivations, &c. are moſt liable to it.

This fever is occaſioned by foul air, from a number of people being confined in a narrow place, not properly ventilated: from putrid animal and vegetable effluvia, &c. Hence it prevails in camps, jails, hoſpitals, and infirmaries, eſpecially where ſuch places are too much crowded, and cleanlineſs is neglected.

A cloſe conſtitution of the air, with long rainy or foggy weather, likewiſe occaſions putrid fevers. They often ſucceed great inundations in low and marſhy countries, eſpecially when theſe are preceded or followed by a hot and ſultry ſeaſon.

Living too much upon animal food, without a proper mixture of vegetables, or eating fiſh or fleſh that has been kept too long, are likewiſe apt to occaſion this fever. Hence ſailors on long voyages, and the inhabitants of beſieged cities, are very often viſited with putrid fevers.

Corn that has been greatly damaged by rainy ſeaſons, or long keeping, and water which has become putrid by ſtagnation, &c. may likewiſe occaſion this fever.

Dead carcaſſes tainting the air, eſpecially in hot ſeaſons, are very apt to occaſion putrid diſeaſes. Hence this kind of fever often prevails in countries which are the ſcenes of war and bloodſhed. This

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ſhews the propriety of removing burying-grounds, ſlaughter-houſes, &c. at a proper diſtance from great towns.

Want of cleanlineſs is a very general cauſe of putrid fevers. Hence they prevail amongſt the poor inhabitants of large towns, who breathe a confined unwholeſome air, and neglect cleanlineſs. Such mechanics as carry on dirty employments, and are conſtantly confined within doors, are likewiſe very liable to this diſeaſe.

We ſhall only add, that putrid, malignant, or ſpotted fevers, are highly infectious, and are therefore often communicated by contagion. For which reaſon all perſons ought to keep at a diſtance from thoſe affected with ſuch diſeaſes, unleſs their attendance is abſolutely neceſſary.

The malignant fever is generally preceded by a remarkable weakneſs or loſs of ſtrength, without any apparent cauſe. This is ſometimes ſo great, that the patient can ſcarce walk, or even ſit upright, without being in danger of fainting away. His mind too is greatly dejected; he ſighs, and is full of dreadful apprehenſions.

There is a naufea, and ſometimes a vomiting of bile; a violent pain of the head, with a ſtrong pulſation or throbbing of the temporal arteries; the eyes often appear red and inflamed, with a pain at the bottom of the orbit; there is a noiſe in the ears, the breathing is laborious, and often interrupted with a ſigh; the patient complains of a pain about the region of the ſtomach, and in his back and loins; the tongue is at firſt white, but afterwards it appears black and chaped; and his teeth are covered with a black cruſt. He ſometimes paſſes worms both upwards and downwards, is affected with tremors or ſhaking, and often becomes delirious.

If blood is let, it appears diſſolved, or with a very ſmall degree of coheſion, and ſoon becomes putrid; the ſtools ſmell extremely fœtid, and are ſometimes of a greeniſh, black, or reddiſh caſt. Spots of a pale purple,

purple, dun, or black colour, often appear upon the ſkin, and ſometimes there are violent diſcharges of blood from the mouth, eyes, noſe, &c.

Putrid fevers may be diſtinguiſhed from the inflammatory, by the ſmallneſs of the pulſe, the great dejection of mind, the diſſolved ſtate of the blood, the purple ſpots, and the putrid ſmell of the excrements. They may likewiſe be diſtinguiſhed from the low or nervous fever, by the heat and thirſt being greater, the urine of a higher colour, and the loſs of ſtrength, dejection of mind, and all the other ſymptoms more violent.

It ſometimes happens, however, that the inflammatory, nervous, and putrid ſymptoms are ſo blended together, as to render it very difficult to determine to which claſs the fever belongs. In this caſe the greateſt caution and ſkill are requiſite. Attention muſt be paid to thoſe ſymptoms which are moſt prevalent, and both the regimen and medicines adapted to them.

Inflammatory and nervous fevers may be converted into malignant and putrid, by too hot a regimen or improper medicines.

The duration of putrid fevers is extremely uncertain; ſometimes they terminate between the ſeventh and fourteenth day, and at other times they are prolonged for five or ſix weeks. Their duration depends greatly upon the conſtitution of the patient, and the manner of treating the diſeaſe.

The moſt favourable ſymptoms are, a gentle looſeneſs after the fourth or fifth day, with a warm mild ſweat. Theſe, when continued for a conſiderable time, often carry off the fever, and ſhould never be imprudently ſtopped. Small miliary puſtules appearing between the petechiæ or purple ſpots are likewiſe favourable, as alſo hot ſcabby eruptions about the mouth and noſe. It is a good ſign when the pulſe riſes upon the uſe of wine, or other cordials, and the nervous ſymptoms abate; deafneſs, when occaſioned by abſceſſes formed within the ears, com-

ing on towards the decline of the fever, is likewiſe often a favourable ſymptom, as are abſceſſes in the groin or parotid glands.

Among the unfavourable ſymptoms may be reckoned an exceſſive looſeneſs, with a hard ſwelled belly; large black or livid blotches breaking out upon the ſkin; apthæ in the mouth; cold clammy ſweats; blindneſs; change of the voice; a wild ſtaring of the eyes; difficulty of ſwallowing; inability to put out the tongue; and a conſtant inclination to uncover the breaſt. When the ſweat and ſaliva are tinged with blood, and the urine is black, or depoſits a black ſooty ſediment, the patient is in great danger. Starting of the tendons, and fœtid, ichorous, involuntary ſtools, attended with coldneſs of the extremities, are generally the forerunners of death.

In the treatment of this diſeaſe we ought to endeavour as far as poſſible to counteract the putrid tendency of the humours; to ſupport the patient's ſtrength and ſpirits; and to aſſiſt Nature in expelling the cauſe of this diſeaſe, by gently promoting perſpiration and the other evacuations.

It has been obſerved, that putrid fevers are often occaſioned by unwholeſome air, and of courſe they muſt be aggravated by it. Care ſhould therefore be taken to prevent the air from ſtagnating in the patient's chamber, to keep it cool, and renew it frequently, by opening the doors or windows of ſome adjacent apartment. The breath and perſpiration of perſons in perfect health ſoon render the air of a ſmall room noxious; but this will ſooner happen from the perſpiration and breath of a perſon whoſe whole maſs of humours are in a putrid ſtate.

Beſides the frequent admiſſion of freſh air, we would recommend the uſe of vinegar, verjuice, juice of lemon, Seville orange, or any kind of vegetable acid that can be moſt readily obtained. Theſe ought frequently to be ſprinkled upon the floor, the bed, and every part of the room. They may alſo be evaporated with a hot iron, or by boiling &c. The freſh

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ſkins of lemons or oranges ought likewiſe to be laid in different parts of the room, and they ſhould be frequently held to the patient's noſe. The uſe of acids in this manner would not only prove very refreſhing to the patient, but would likewiſe tend to prevent the infection from ſpreading among thoſe who attend him. Strong ſcented herbs, as rue, tanſy, roſemary, wormwood, &c. may likewiſe be laid in different parts of the houſe, and ſmelled to by thoſe who go near the patient.

The patient muſt not only be kept cool, but likewiſe quiet and eaſy. The leaſt noiſe will affect his head, and the ſmalleſt fatigue will be apt to make him faint.

Few things are of greater importance in this diſeaſe than acids, which ought to be mixed with all the patient's food as well as drink. Orange, lemon, or vinegar-whey, are all very proper, and may be drank by turns, according to the patient's inclination. They may rendered cordial by the addition of wine in ſuch quantity as the patient's ſtrength ſeems to require. When he is very low, he may drink negus, with only one half water, and ſharpened with juice of orange or lemon. In ſome caſes a glaſs of wine may now and then be allowed. The moſt proper wine is Rheniſh; but if the body be open, red port or claret is to be preferred.

When the body is bound, a tea-ſpoonful of the cream of tartar may be put into a cup of the patient's drink, as there is occaſion; or he may drink a decoction of tamarinds, which will both quench his thirſt, and promote a diſcharge by ſtool.

If camomile-tea will ſit upon his ſtomach, it is a very proper drink in this diſeaſe. It may be ſharpened by adding to every cup of the tea ten or fifteen drops of the elixer of vitriol.

The food muſt be light, as panado, or groat-gruel, to which a little wine may be added, if the patient be weak and low; and they ought all to be ſharpened with juice of orange, the jelly of currants, or the like.

The patient ought likewiſe to eat freely of ripe fruits, as roaſted apples, currant or gooſberry tarts, preſerved cherries, or plums, &c.

Taking a little food or drink frequently, not only ſupports the ſpirits, but counteracts the putrid tendency of the humours: for which reaſon the patient ought frequently to be ſipping ſmall quantities of ſome of the acid liquors mentioned above, or any that may be more agreeable to his palate, or more readily obtained.

If he is delirious, his feet and hands ought to be frequently fomented with a ſtrong infuſion of camomile flowers. This, or an infuſion of the bark, to ſuch as can afford it, cannot fail to have a good effect. Fomentations of this kind not only relieve the head, by relaxing the veſſels in the extremities, but as their contents are abſorbed, and taken into the ſyſtem, they may aſſiſt in preventing the putreſcency of the humours.

If a vomit be given at the beginning of this fever, it will hardly fail to have a good effect; but if the fever has gone on for ſome days, and the ſymptoms are violent, vomits are not quite ſo ſafe. The body however is always to be kept gently open by clyſters, or mild laxative medicines.

Bleeding is ſeldom neceſſary in putrid fevers. If there be ſigns of an inflammation, it may ſometimes be permitted at the firſt onſet; but the repetition of it generally proves hurtful.

Bliſtering plaſters are never to be uſed unleſs in the greateſt extremities. If the petechiæ or ſpots ſhould ſuddenly diſappear, the patient's pulſe ſink remarkably, and a delirium, with other bad ſymptoms, come on, bliſtering may be permitted. In this caſe the bliſtering plaſters are to be applied to the head, and inſide of the legs or thighs. But as they are ſometimes apt to occaſion a gangrene, we would rather recommend warm poultices of muſtard and vinegar to be applied to the feet, having recourſe to bliſters only in the utmoſt extremities.

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It is common in the beginning of this fever to give the emetic tartar in ſmall doſes, repeated every ſecond or third hour, till it ſhall either vomit, purge, or throw the patient into a ſweat. This practice is very proper, provided it be not puſhed ſo far as to weaken the patient.

A very ridiculous notion has long prevailed of expelling the poiſonous matter of malignant diſeaſes by trifling doſes of cordial or alexipharmic medicines. In conſequence of this notion, the contrayerva-root, the cordial confection, the mithridate, &c. have been extolled as infallible remedies. There is reaſon however to believe, that theſe ſeldom do much good. Where cordials are neceſſary, we know none that is ſuperior to good wine; and therefore again recommend it both as the ſafeſt and beſt. Wine, with acids and anticeptics, are the only things to be relied on in the cure of malignant fevers.

In the moſt dangerous ſpecies of this diſeaſe, when it is attended with purple, livid, or black ſpots, the Peruvian bark muſt by adminiſtered. If joined with acids, it often proves ſucceſsful, in caſes where the petechiæ has the moſt threatening aſpect. But to anſwer this purpoſe it muſt not only be given in large doſes, but duly perſiſted in.

The beſt method of adminiſtring the bark is certainly in ſubſtance. An ounce of it in powder may be mixed with half a pint of water, and the ſame quantity of red wine, and ſharpened with the elixir or the ſpirit of vitriol, which will both make it ſit eaſier on the ſtomach, and render it more beneficial. Two or thee ounces of the ſyrup of lemon may be added, and two table-ſpoonfuls of the mixture taken every two hours, or oftener, if the ſtomach is able to bear it.

Thoſe who cannot take the bark in ſubſtance may infuſe it in wine, as recommended in the preceding diſeaſe.

If there be a violent looſeneſs, the bark muſt be boiled in red wine with a little cinnamon, and ſharpened

ened with the elixir of vitriol, as above. Nothing can be more beneficial in this kind of looſeneſs than plenty of acids, and ſuch things as promote a gentle perſpiration.

If the patient be troubled with vomiting, a dram of the ſalt of wormwood, diſſolved in an ounce and half of freſh lemon juice, and made into a draught with an ounce of ſimple cinnamon water, and a bit of ſugar, may be given and repeated as often as it is neceſſary.

If ſwellings of the glands appear, their ſuppuration is to be promoted by the application of poultices, &c. And as ſoon as there is any appearance of matter in them, they ought to be laid open and the poultice continued.

Large ulcerous ſores have been known to break out in various parts of the body, in the decline of this fever, of a livid gangrenous appearance, and a moſt nauſeous putrid ſmell. Theſe gradually heal, and the patients generally recover, by the plentiful uſe of Peruvian bark and wine, ſharpened with the ſpirits of vitriol.

For preventing putrid fevers we would recommend a ſtrict regard to cleanlineſs; a dry ſituation; ſufficient exerciſe in the open air; wholeſome food: and a moderate uſe of generous liquors. Infection ought above all things to be avoided. No conſtitution is proof againſt it. Perſons have been ſeized with a putrid fever, by only making a ſingle viſit to a patient in it; others have caught it by lodging for one night in a town where it prevailed; and ſome by attending the funerals of ſuch as died of it.

When a putrid fever ſeizes any perſon in a family, the greateſt attention is neceſſary to prevent the diſeaſe from ſpreading. The ſick ought to be placed in a large apartment, as remote from the reſt of the family as poſſible; he ought likewiſe to be kept extremely clean, and ſhould have freſh air frequently let into his chamber; whatever comes from him ſhould be immediately removed, his linen ſhould be frequently changed,

changed, and thoſe in health ought to avoid all unneceſſary communication with him.

Any one who is apprehenſive of having caught the infection, ought immediately to take a vomit, and to work it off by drinking plentifully of camomile tea. This may be repeated in a day or two, if the apprehenſions ſtill continue, or any unfavourable ſymptoms appear.

The perſon ought likewiſe to take an infuſion of the bark and camomile flowers for his ordinary drink; and before he goes to bed, he may drink a pint of pretty ſtrong negus, or a few glaſſes of generous wine.

People generally fly to bleeding and purging as antidotes againſt infection; but theſe are ſo far from ſecuring them, that they often, by debilitating the body, increaſe the danger.

Thoſe who wait upon the ſick in putrid fevers, ought always to have a piece of ſpunge or a handkerchief dipt in vinegar, or juce of lemon, to ſmell to while near the patient. They ought likewiſe to waſh their hands, and, if poſſible, to change their clothes, before they go into company.

CHAP. X.

Of the Miliary Fever.

THIS fever takes its name from the ſmall puſtules or bladders which appear on the ſkin, reſembling, in ſhape and ſize, the ſeeds of millet. The ſpots are either red or white, and ſometimes both are mixed together.

The whole body is ſometimes covered with puſtules; but they are generally more numerous where the ſweat is moſt abundant, as on the breaſt, the back, &c. A gentle ſweat, or moiſture on the ſkin, greatly promotes the eruption, but when the ſkin is dry, the eruption is both more painful and dangerous.

Sometimes this is a primary diſeaſe; but it is much oftener only a ſymptom of ſome other malady, as the ſmall-pox, meaſles, ardent, putrid, or nervous fever, &c. In all theſe caſes it is generally the effect of too hot a regimen or medicines.

The miliary fever chiefly attacks the idle and the phlegmatic, or perſons of a relaxed habit. The young and the aged are more liable to it than thoſe in the vigour and prime of life. It is likewiſe more incident to women than men, eſpecially the delicate and the indolent, who, neglecting exerciſe, keep continually within doors, and live upon weak watery diet. Such females are extremely liable to be ſeized with this diſeaſe in childbed, and often loſe their lives by it.

This fever is ſometimes occaſioned by violent paſſions or affections of the mind; as exceſſive grief, anxiety, thoughtfulneſs, &c. It may likewiſe be occaſioned by exceſſive watching, great evacuations, a weak watery diet, rainy ſeaſons, eating too freely of cold, crude, unripe fruits, as plums, cherries, cucumbers,

bers, melons, &c. Impure waters, or proviſions which have been ſpoiled by rainy ſeaſons, long keeping, &c. may likewiſe cauſe miliary fevers. They may alſo be occaſioned by the ſtoppage of any cuſtomary evacuation, as iſſues, ſetons, ulcers, the bleeding piles in men, or the menſtrual flux in women, &c.

This diſeaſe in childbed-women is ſometimes the effect of great coſtiveneſs during pregnancy; it may likewiſe be occaſioned by their exceſſive uſe of green traſh, and other unwholeſome things, in which pregnant women are too apt to indulge. But its moſt general cauſe is indolence. Such women as lead a ſedentary life, eſpecially during pregnancy, and at the ſame time live groſsly, can hardly eſcape this diſeaſe in childbed. Hence it proves extremely fatal to women of faſhion, and likewiſe to thoſe women in manufacturing towns, who, in order to aſſiſt their huſbands, ſit cloſe within doors for almoſt the whole of their time. But among women who are active and laborious, who live in the country, and take ſufficient exerciſe without doors, this diſeaſe is very little known.

When this is a primary diſeaſe, it makes its attack, like moſt other eruptive fevers, with a ſlight ſhivering, which is ſucceeded by heat, loſs of ſtrength, faintiſhneſs, ſighing, a low quick pulſe, difficulty of breathing, with great anxiety and oppreſſion of the breaſt. The patient is reſtleſs, and ſometimes delirious; the tongue appears white, and the hands ſhake, with often a burning heat in the palms; and in childbed-women the milk generally goes away, and the other diſcharges ſtop.

The patient feels an itching or pricking pain under the ſkin, after which innumerable ſmall puſtules of a red or white colour begin to appear. Upon this the ſymptoms generally abate, the pulſe becomes more full and ſoft, the ſkin grows moiſter, and the ſweat, as the diſeaſe advances, begins to have a peculiar fœtid ſmell; the great load on the breaſt, and oppreſſion of the ſpirits, generally go off, and the cuſto-

mary evacuations gradually return. About the ſixth or ſeventh day from the eruption, the puſtules begin to dry and fall off, which occaſions a very diſagreeable itching in the ſkin.

It is impoſſible to aſcertain the exact time when the puſtules will either appear or go off. They generally come out on the third or fourth day, when the eruption is critical; but, when ſymptomatical, they may appear at any time of the diſeaſe.

Sometimes the puſtules appear and vaniſh by turns. When that is the caſe, there is always danger; but when they go in all of a ſudden, and do not appear again, the danger is very great.

In childbed-women the puſtules are commonly at firſt filled with clear water, afterwards they grow yellowiſh. Sometimes they are interſperſed with puſtules of a red colour. When theſe only appear the diſeaſe goes by the name of a *Raſh*.

In all eruptive fevers of whatever kind, the chief point is to prevent the ſudden diſappearing of the puſtules, and to promote their maturation. For this purpoſe the patient muſt be kept in ſuch a temperature, as neither to puſh out the eruption too faſt, nor to cauſe it to retreat prematurely. The diet and drink ought therefore to be in a moderate degree nouriſhing and cordial; but neither ſtrong nor heating. The patient's chamber ought neither to be kept too hot nor cold; and he ſhould not be too much covered with clothes. Above all, the mind is to be kept eaſy and cheerful. Nothing ſo certainly makes an eruption go in as fear, or the apprehenſion of danger.

The food muſt be weak chicken broth with bread, panado, ſago, or groat-gruel, &c. to a gill of which may be added a ſpoonful or two of wine, as the patient's ſtrength requires, with a few grains of ſalt and a little ſugar. Good apples roaſted or boiled, with other ripe fruits of an opening cooling nature, may be eaten.

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The drink may be ſuited to the ſtate of the patient's ſtrength and ſpirits. If theſe be pretty high, the drink ought to be weak; as water-gruel, balm-tea, or take two ounces of the ſhavings of hartſhorn, and the ſame quantity of ſarſaparilla, boil them in two quarts of water. To the ſtrained decoction add a little white ſugar, and let the patient take it for his ordinary drink.

When the patient's ſpirits are low, and the eruption does not riſe ſufficiently, his drink muſt be a little more generous; as wine-whey, or ſmall negus, ſharpened with the juice of orange or lemon, and made ſtronger or weaker as circumſtances may require.

Some times the miliary fever approaches towards a putrid nature, in which caſe the patient's ſtrength muſt be ſupported with generous cordials, joined with acids; and, if the degree of putreſcence be great, the Peruvian bark muſt be adminiſtered. If the head be much affected, the body muſt be kept open by emollient clyſters.

If the food and drink be properly regulated, there will be little occaſion for medicine in this diſeaſe. Should the eruption however not riſe, or the ſpirits flag, it will not only be neceſſary to ſupport the patient with cordials, but likewiſe to apply bliſtering plaſters. The moſt proper cordial, in this caſe, is good wine, which may either be taken in the patient's food or drink; and if there be ſigns of putreſcence, the bark and acids may be mixed with wine, as directed in the putrid fever.

Some recommend bliſtering through the whole courſe of this diſeaſe; and where Nature flags, and the eruption comes and goes, it may be neceſſary to keep up a ſtimulus, by a continual ſucceſſion of ſmall bliſtering plaſters; but we would not recommend above one at a time. If however the pulſe ſhould ſink remarkably, the puſtules fall in, and the head be affected, it will be neceſſary to apply ſeveral bliſtering

plaſters to the moſt ſenſible parts, as the inſide of the legs and thighs, &c.

Bleeding is ſeldom neceſſary in this diſeaſe, and ſometimes it does much hurt, as it weakens the patient, and depreſſes his ſpirits. It is therefore never to be attempted unleſs by the advice of a phyſician. We mention this, becauſe it has been cuſtomary to treat this diſeaſe in childbed-women by plentiful bleeding, and other evacuations, as if it were highly inflammatory. But this practice is generally very unſafe. Patients in this ſituation bear evacuations very ill. And indeed the diſeaſe ſeems often to be more of a putrid than of an inflammatory nature.

Though this fever is often occaſioned in childbed-women by too hot a regimen, yet it would be dangerous to leave that off all of a ſudden, and have recourſe to a very cool regimen, and large evacuations. We have reaſon to believe, that ſupporting the patient's ſpirits, and promoting the natural evacuations, is here much ſafer than to have recourſe to artificial ones, as theſe, by ſinking the ſpirits, ſeldom fail to increaſe the danger.

If the diſeaſe proves tedious, or the recovery ſlow, we would recommend the Peruvian bark, which may either be taken in ſubſtance, or infuſed in wine or water, as the patient inclines.

The miliary fever, like other eruptive diſeaſes, requires gentle purging, which ſhould not be neglected, as ſoon as the fever is gone off, and the patient's ſtrength will permit.

To prevent this diſeaſe a pure dry air, ſufficient exerciſe, and wholeſome food, are neceſſary. Pregnant women ſhould guard againſt coſtiveneſs, and take daily as much exerciſe as they can bear, avoiding all green traſhy fruits, and other unwholeſome things; and when in child-bed, they ought ſtrictly to obſerve a cool regimen.

CHAP.

CHAP. XI.

Of the Remitting Fever.

THIS fever takes its name from a remiſſion of the ſymptoms, which happens ſooner, or later, but generally before the eighth day. The remiſſion is commonly preceded by a gentle ſweat, after which the patient ſeems greatly relieved, but in a few hours the fever returns. Theſe remiſſions return at very irregular periods, and are ſometime of longer, ſometimes of ſhorter duration: the nearer however that the fever approaches to a regular intermittent, the danger is the leſs.

Remitting fevers prevail in low marſhy countries abounding with wood and ſtagnating water; but they prove moſt fatal in places where great heat and moiſture are combined, as in ſome parts of Africa, the province of Bengal in the Eaſt Indies, &c. where remitting fevers are generally of a putrid kind, and prove very fatal. They are moſt frequent in cloſe calm weather, eſpecially after rainy ſeaſons, great inundations, or the like. No age, ſex, or conſtitution is exempted from the attack of this fever; but it chiefly ſeizes perſons of a relaxed habit, who live in low dirty habitations, breathe an impure ſtagnating air, take little exerciſe, and uſe unwholeſome diet.

The firſt ſymptoms of this fever, are generally yawning, ſtretching, pain, and giddineſs in the head, with alternate fits of heat, and cold. Sometimes the patient is affected with a delirium at the very firſt attack. There is a pain, and ſometimes a ſwelling about the region of the ſtomach, the tongue is white, the eyes and ſkin frequently appear yellow, and the patient is often afflicted with bilious vomitings. The pulſe is ſometimes a little hard, but ſeldom full, and

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the blood, when let, rarely ſhews any ſigns of inflammation. Some patients are exceedingly coſtive, and others are afflicted with a very troubleſome looſeneſs.

It is impoſſible to deſcribe all the ſymptoms of this diſeaſe, as they vary according to the ſituation, the ſeaſon of the year, and the conſtitution of the patient. They may likewiſe be greatly changed by the method of treatment, and by many other circumſtances too tedious to mention. Sometimes the bilious ſymptoms predominate, ſometimes the nervous, and at other times the putrid. Nor is it at all uncommon to find a ſucceſſion of each of theſe, or even a complication of them at the ſame time, in the ſame perſon.

The regimen muſt be adapted to the prevailing ſymptoms. When there are any ſigns of inflammation, the diet muſt be ſlender, and the drink weak and diluting. But when nervous or putrid ſymptoms prevail, it will be neceſſary to ſupport the patient with food and liquors of a more generous nature, ſuch as are recommended in the immediately preceding fevers. We muſt however be very cautious in the uſe of things of a heating quality, as this fever is frequently changed into a continual by an hot regimen, and improper medicines.

Whatever the ſymptoms are, the patient ought to be kept cool, quiet, and clean. His apartment, if poſſible, ſhould be large and frequently ventilated by letting in freſh air at the doors and windows. It ought likewiſe to be ſprinkled with vinegar, juice of lemon, or the like. His linen, bed-clothes, &c. ſhould be frequently changed, and all his excrements immediately removed. Though theſe things have been recommended before, we think it neceſſary to repeat them here, as they are of more importance to the ſick than practitioners are apt to imagine.

In order to cure this fever, we muſt endeavour to bring it to a regular intermiſſion. This intention may be promoted by bleeding, if there be any ſigns of inflammation; but when that is not the caſe, bleeding ought

ought by no means to be attempted, as it will weaken the patient and prolong the diſeaſe. A vomit however will ſeldom be improper, and is generally of great ſervice. Twenty or thirty grains of ipecacuanha will anſwer this purpoſe very well; but, where it can be obtained, we would rather recommend a grain or two of tartar emetic, with five or ſix grains of ipecacuanha, to be made into a draught, and given for a vomit. This may be repeated once or twice at proper intervals, if the ſickneſs or nauſea continues.

The body ought to be kept open either by clyſters or gentle laxatives, as weak infuſions of ſenna and manna, ſmall doſes of the lenitive electuary, cream of tartar, tamarinds, ſtewed prunes, or the like; but all ſtrong or draſtic purgatives are to be carefully avoided.

By this courſe the fever in a few days may generally be brought to a pretty regular or diſtinct intermiſſion, in which caſe the Peruvian bark may be adminiſtered, and it will ſeldom fail to perfect the cure. It is needleſs here to repeat the methods of giving the bark, as we have already had occaſion frequently to mention them.

The moſt likely way to avoid this fever is to uſe a wholeſome or nouriſhing diet, to pay the moſt ſcrupulous attention to cleanlineſs, to keep the body warm, to take ſufficient exerciſe, and in hot countries to avoid damp ſituations, night air, evening dews, and the like. In countries where it is endemical, the beſt preventive medicine which we can recommend is the Peruvian bark, which may either be chewed, or infuſed in brandy or wine, &c. Some recommend ſmoaking tobacco as very beneficial in marſhy countries, both for the prevention of this and intermitting fevers.

CHAP.

CHAP. XII.

Of the Scarlet Fever.

THE ſcarlet fever is ſo called from the colour of the patient's ſkin, which appears as if it were tinged with red wine. It happens at any ſeaſon of the year, but is moſt common towards the end of the ſummer; at which time it often ſeizes whole families; children and young perſons are moſt ſubject to it.

It begins like other fevers, with coldneſs and ſhivering, without any violent ſickneſs. Afterwards the ſkin is covered with red ſpots, which are broader, more florid, and leſs uniform than the meaſles. They continue two or three days, and then diſappear; after which the cuticle, or ſcarf-ſkin, falls off.

There is ſeldom any occaſion for medicine in this diſeaſe. The patient ought however to keep within doors, to abſtain from fleſh, ſtrong liquors, and cordials, and to drink freely of cool diluting liquors. If the fever runs high, the body muſt be kept gently open by emollient clyſters, or ſmall doſes of nitre and rhubarb. A ſcruple of the former, with five grains of the latter, may be taken thrice a-day, or oftener, if neceſſary.

Children and young perſons are ſometimes ſeized at the beginning of this diſeaſe with a kind of ſtupor and epileptic fits. In this caſe the feet and legs ſhould be bathed in warm water, a large bliſtering-plaſter applied to the neck, and a doſe of the ſyrup of poppies given every night till the patient recovers.

The ſcarlet fever however is not always of ſo mild a nature. It is ſometimes attended with putrid or malignant ſymptoms, in which caſe it is always dangerous. In the malignant ſcarlet fever the patient is not

not only affected with coldneſs and ſhivering, but with languor, ſickneſs, and great oppreſſion; to theſe ſucceed exceſſive heat, nauſea, and vomiting, with a ſoreneſs of the throat; the pulſe is extremely quick, but ſmall and depreſſed; the breathing frequent and laborious; the ſkin hot, but not quite dry; the tongue moiſt, and covered with a whitiſh mucus; the tonſils inflamed and ulcerated. When the eruption appears, it brings no relief: on the contrary, the ſymptoms generally grow worſe, and freſh ones come on, as purging, delirium, &c.

When this diſeaſe is miſtaken for a ſimple inflammation, and treated with repeated bleedings, purging and cooling medicines, it generally proves fatal. The only medicines that can be depended on in this caſe are cordials and antiſeptics, as the Peruvian bark, wine, ſnake-root, and the like. The treatment muſt be in general ſimilar to that of the putrid fever, or of the malignant ulcerous ſore throat.

OF THE BILIOUS FEVER.

When a continual, remitting, or intermitting fever is accompanied with a frequent or copious evacuation of bile, either by vomit or ſtool, the fever is denominated bilious. In Britain the bilious fever generally makes its appearance about the end of ſummer, and ceaſes towards the approach of winter. It is moſt frequent and fatal in warm countries, eſpecially where the ſoil is marſhy, and when great rains are ſucceeded by ſultry heats. Perſons who work without doors, lie in camps, or who are expoſed to the night air, are moſt liable to this kind of fever.

If there are ſymptoms of inflammation at the beginning of this fever, it will be neceſſary to bleed, and to put the patient upon the cool diluting regimen recommended in the inflammatory fever. The ſaline draught may likewiſe be frequently adminiſtered, and the patient's body kept open by clyſters or mild purgatives. But if the fever ſhould remit or intermit,

bleeding will ſeldom be neceſſary. In this caſe a vomit may adminiſtered, and, if the body be bound, a gentle purge; after which the Peruvian bark will generally complete the cure.

In caſe of a violent looſeneſs, the patient muſt be ſupported with chicken broths, jellies of hartſhorn, and the like; and he may uſe the white decoction for his ordinary drink. If a bloody flux ſhould accompany this fever, it muſt be treated in the manner recommended under the article Dyſentery.

When there is a burning heat, and the patient does not ſweat, the evacuation may be promoted by giving him, three or four times a-day, a table-ſpoonful of Mindererus's ſpirit mixed in a cup of his ordinary drink.

If the bilious fever be attended with the nervous, malignant, or putrid ſymptoms, which is ſometimes the caſe, the patient muſt be treated in the ſame manner as directed under theſe diſeaſes.

After this fever, proper care is neceſſary to prevent a relapſe. For this purpoſe the patient, eſpecially towards the end of autumn, ought to continue the uſe of the Peruvian bark for ſome time after he is well. He ſhould likewiſe abſtain from all traſhy fruits, new liquors, and every kind of flatulent aliment.

CHAP.

CHAP. XIII.

Of the Eryſipelas, or St. Anthony's Fire.

THIS diſeaſe, which in ſome parts of Britain is called the roſe, attacks perſons at any period of life, but is moſt common between the age of thirty and forty. Perſons of a ſanguine or plethoric habit are moſt liable to it. It often attacks young people, and pregnant women; and ſuch as have once been afflicted with it are very liable to have it again. Sometimes it is a primary diſeaſe, and at other times only a ſymptom of ſome other malady. Every part of the body is liable to be attacked by an eryſipelas, but it moſt frequently ſeizes the legs or face, eſpecially the latter. It is moſt common in autumn, or when hot weather is ſucceeded by cold and wet.

The eryſipelas may be occaſioned by violent paſſions or affections of the mind; as fear, anger, &c. When the body has been heated to a great degree, and is immediately expoſed to the cold air, ſo that the perſpiration is ſuddenly checked, an eryſipelas will often enſue. It may alſo be occaſioned by drinking to exceſs, by continuing too long in a warm bath, or by any thing that overheats the blood. If any of the natural evacuations be obſtructed, or in too ſmall quantity, it may cauſe an eryſipelas. The ſame effect will follow from the ſtoppage of artificial evacuations; as iſſues, ſetons, or the like.

The eryſipelas attacks with ſhivering, thirſt, loſs of ſtrength, pain in the head and back, heat, reſtleſsneſs, and a quick pulſe; to which may be added vomiting, and ſometimes a delirium. On the ſecond, third, or fourth day, the part ſwells, becomes red, and ſmall puſtules appear; at which time the fever generally abates.

When the eryſipelas ſeizes the foot, the parts contigious ſwell, the ſkin ſhines; and, if the pain be violent, it will aſcend to the leg, and will not bear to be touched.

When it attacks the face, it ſwells, appears red, and the ſkin is covered with ſmall puſtules filled with clear water. One or both eyes are generally cloſed with a ſwelling; and there is a difficulty of breathing. If the mouth and noſtrils be very dry, and the patient drowſy, there is reaſon to ſuſpect an inflammation of the brain.

If the eryſipelas affects the breaſt, it ſwells and becomes exceedingly hard, with great pain, and is apt to ſuppurate. There is a violent pain in the arm-pit on the ſide affected, where an abſceſs is often formed.

If in a day or two the ſwelling ſubſides, the heat and pain abate, the colour of the part turns yellow, and the cuticle breaks and falls off in ſcales, the danger is over.

When the eryſipelas is large, deep, and affects a very ſenſible part of the body, the danger is great. If the red colour changes into a livid or black, it will end in a mortification. Sometimes the inflammation cannot be diſcuſſed, but comes to a ſuppuration; in which caſe fiſtulas, a gangrene, or mortification, often enſue.

Such as die of this diſeaſe are commonly carried off by the fever, which is attended with difficulty of breathing, and ſometimes with a delirium and great drowſineſs. They generally die about the ſeventh or eighth day.

In the eryſipelas the patient muſt neither be kept too hot nor too cold, as either of theſe extremes will tend to make it retreat, which is always to be guarded againſt. When the diſeaſe is mild, it will be ſufficient to keep the patient within doors, without confining him to his bed, and to promote the perſpiration by diluting liquors, &c.

The diet ought to be ſlender, and of a moderately cooling and moiſtening quality, as groat-gruel, panado,

nado, chicken or barley broth, with cooling herbs and fruits, &c. avoiding fleſh, fiſh, ſtrong drink, ſpices, pickles, and all other things that may heat and inflame the blood; the drink may be barley-water; an infuſion of elder-flowers, common whey, and ſuch like.

But if the pulſe be low, and the ſpirits ſunk, the patient muſt be ſupported with negus, and other things of a cordial nature. His food may be ſago-gruel, with a little wine, and nouriſhing broths, taken in ſmall quantities, and often repeated. Great care, however, muſt be taken not to overheat him.

In this diſeaſe much miſchief is often done by medicine, eſpecially by external applications. People, when they ſee an inflammation, immediately think that ſomething ought to be applied to it. This indeed is neceſſary in large phlegmons; but in an eryſipelas the ſafer courſe is to apply nothing. Almoſt all ointments, ſalves, and plaſters, being of a greaſy nature, tend rather to obſtruct and repel, than promote any diſcharge from the part. At the beginning of this diſeaſe it is neither ſafe to promote a ſuppuration, nor to repel, the matter too quickly. The eryſipelas in many reſpects reſembles the gout, and is to be treated with the greateſt caution. Fine wool, or very ſoft flannel, are the ſafeſt applications to the part. Theſe not only defend it from the external air, but likewiſe promote the perſpiration, which has a great tendency to carry off the diſeaſe. In Scotland the common people generally apply a mealy cloth to the parts affected, which is far from being improper.

It is common to bleed in the eryſipelas; but this likewiſe requires caution. If however the fever be high, the pulſe hard and ſtrong, and the patient vigorous, it will be proper to bleed; but the quantity muſt be regulated by theſe circumſtances, and the operation repeated as the ſymptoms may require. If the patient has been accuſtomed to ſtrong liquors, and the diſeaſe attacks his head, bleeding is abſolutely neceſſary.

Bathing

Bathing the feet and legs frequently in lukewarm water, when the diſeaſe attacks the face or brain, has an excellent effect. It tends to make a derivation from the head, and ſeldom fails to relieve the patient. When bathing proves ineffectual, poultices or ſharp ſinapiſms, may be applied to the ſoles of the feet, for the ſame purpoſe.

In caſes where bleeding is requiſite, it is likewiſe neceſſary to keep the body open. This may be effected by emollient clyſters, or ſmall doſes of nitre and rhubarb. Some indeed recommend very large doſes of nitre in the eryſipelas; but nitre ſeldom ſits eaſy on the ſtomach when taken in large doſes. It is however one of the beſt medicines when the fever and inflammation run high. Half a dram of it, with four or five grains of rhubarb, may be taken in the patient's ordinary drink, four times a day.

When the eryſipelas leaves the extremities, and ſeizes the head ſo as to occaſion a delirium or ſtupor, it is abſolutely neceſſary to open the body. If clyſters and mild purgatives fail to have this effect, ſtronger ones muſt be given. Bliſtering plaſters muſt likewiſe be applied to the neck, or behind the ears, and ſharp cataplaſms laid to the ſoles of the feet.

When the inflammation cannot be diſcuſſed, and the part has a tendency to ulcerate, it will then be proper to promote ſuppuration, which may be done by the application of ripening poultices, with ſaffron, warm fomentations, and ſuch like.

When the black, livid, or blue colour of the part ſhews a tendency to mortification, the Peruvian bark muſt be adminiſtered. It may be taken along with acids, as recommended in the ſmall-pox, or in any other form more agreeable to the patient. It muſt not however be trifled with, as the patient's life is at ſtake. A dram may be given every two hours, if the ſymptoms be threatening, and cloths dipped in warm camphorated ſpirits of wine, or the tincture of myrrh and aloes, may be applied to the part, and frequently renewed. It may likewiſe be proper in this caſe

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to apply poultices of the bark, or to foment the part affected with a ſtrong decoction of it.

In what is commonly called the ſcorbutic eryſipelas, which continues for a conſiderable time, it will only be neceſſary to give gentle laxatives, and ſuch things as purify the blood and promote the perſpiration. Thus, after the inflammation has been checked by opening medicines, the decoction of woods may be drank, after which a courſe of bitters will be proper.

Such as are liable to frequent attacks of the eryſipelas ought carefully to guard againſt all violent paſſions; to abſtain from ſtrong liquors, and all fat, viſcid, and highly-nouriſhing food. They ſhould likewiſe take ſufficient exerciſe, carefully avoiding the extremes of heat and cold. Their food ſhould conſiſt chiefly of milk, and ſuch fruits, herbs, and roots, as are of a cooling quality; and their drink ought to be ſmall-beer, whey, butter-milk, and ſuch like. They ſhould never ſuffer themſelves to be long coſtive. If that cannot be prevented by ſuitable diet, it will be proper to take frequently a gentle doſe of rhubarb, cream of tartar, the lenitive electuary, or ſome other mild purgative.

CHAP.

CHAP. XIV.

Of the Phrenitis, or Inflammation of the Brain.

THIS is ſometimes a primary diſeaſe, but oftener only a ſymptom of ſome other malady; as the inflammatory, eruptive, or ſpotted fever, &c. It is very common, however, as a primary diſeaſe in warm climates, and is moſt incident to perſons about the prime or vigour of life. The paſſionate, the ſtudious, and thoſe whoſe nervous ſyſtem is irritable in a high degree, are moſt liable to it.

This diſeaſe is often occaſioned by night watching, eſpecially when joined with hard ſtudy: it may likewiſe proceed from hard drinking, anger, or anxiety. It is often occaſioned by the ſtoppage of uſual evacuations; as the bleeding piles in men, the cuſtomary diſcharges of women, &c. Such as imprudently expoſe themſelves to the heat of the ſun, eſpecially by ſleeping without doors, in a hot ſeaſon, with their heads uncovered, are often ſuddenly ſeized with an inflammation of the brain, ſo as to awake quite delirious. When repellents are imprudently uſed in an eryſipelas, an inflammation of the brain is ſometimes the conſequence. It may likewiſe be occaſioned by external injuries, as blows or bruiſes upon the head, &c.

The ſymptoms which uſually precede a true inflammation of the brain are pain of the head, redneſs of the eyes, a violent flushing of the face, diſturbed ſleep, or a total want of it, great dryneſs of the ſkin, coſtiveneſs, a retention of urine, a ſmall dropping of blood from the noſe, ſinging of the ears, and extreme ſenſibility of the nervous ſyſtem.

When the inflammation is formed, the ſymptoms in general are ſimilar to thoſe of the inflammatory fever. The pulſe indeed is often weak, irregular, and trembling;

trembling; but ſometimes it is hard and contracted. When the brain itſelf is inflamed, the pulſe is always ſoft and low; but when the inflammation only affects the integuments of the brain, viz. the dura and pia matter, it is hard. A remarkable quickneſs of hearing is a common ſymptom of this diſeaſe; but that ſeldom continues long. Another uſual ſymptom is a great throbbing or pulſation in the arteries of the neck and temples. Though the tongue is often black and dry, yet the patient ſeldom complains of thirſt, and even refuſes drink. The mind chiefly runs upon ſuch objects as have before made a deep impreſſion on it; and ſometimes, from a ſullen ſilence, the patient becomes all of a ſudden quite outrageous.

A conſtant trembling and ſtarting of the tendons is an unfavourable ſymptom, as are alſo a ſuppreſſion of urine; a total want of ſleep; a conſtant ſpitting; a grinding of the teeth; which laſt may be conſidered as a kind of convulſion. When a phrenitis ſucceeds an inflammation of the lungs, of the inteſtines, or of the throat, &c. it is owing to a tranſlation of the diſeaſe from theſe parts to the brain, and generally proves fatal. This ſhews the neceſſity of proper evacuations, and the danger of repellents in all inflammatory diſeaſes.

The favourable ſymptoms are, a free perſpiration, a copious diſcharge of blood from the noſe, the bleeding piles, a plentiful diſcharge of urine, which lets fall a copious ſediment. Sometimes the diſeaſe is carried off by a looſeneſs, and in women by an exceſſive flow of the menſes.

As this diſeaſe often proves fatal in a few days, it requires the moſt ſpeedy applications. When it is prolonged, or improperly treated, it ſometimes ends in madneſs, or a kind of ſtupidity which continues for life.

In the cure, two things are chiefly to be attended to, viz. to leſſen the quantity of blood in the brain, and to retard the circulation towards the head.

The patient ought to be kept very quiet. Company, noiſe, and every thing that affects the ſenſes, or diſturbs the imagination, increaſes the diſeaſe. Even too much light is hurtful; for which reaſon the patient's chamber ought to be a little darkened, and he ſhould neither be kept too hot nor cold. It is not however neceſſary to exclude the company of an agreeable friend, as this has a tendency to ſoothe and quiet the mind. Neither ought the patient to be kept too much in the dark, leſt it ſhould occaſion a gloomy melancholy, which is too often the conſequence of this diſeaſe.

The patient muſt, as far as poſſible, be ſoothed and humoured in every thing. Cóntradiction will ruffle his mind, and increaſe his malady. Even when he calls for things which are not to be obtained, or which might prove hurtful, he is not to be poſitively denied them, but rather put off with the promiſe of having them as ſoon as they can be obtained, or by ſome other excuſe. A little of any thing that the mind is ſet upon, though not quite proper, will hurt the patient leſs than a poſitive refuſal. In a word, whatever he was fond of, or uſed to be delighted with, when in health, may here be tried; as pleaſing ſtories, ſoft muſic, or whatever has a tendency to ſoothe the paſſions and compoſe the mind. Boerhaave propoſes ſeveral mechanical experiments for this purpoſe; as the ſoft noiſe of water diſtilling by drops into a baſon, and the patient trying to reckon them, &c. Any uniform ſound, if low and continued, has a tendency to procure ſleep, and conſequently may be of ſervice.

The aliment ought to be light, conſiſting chiefly of farinaceous ſubſtances; as panado, and water-gruel, ſharpened with jelly of currants, or juice of lemons, ripe fruits roaſted or boiled, jellies, preſerves, &c. The drink ſmall, diluting, and cooling; as whey, barley-water, or decoctions of barley and tamarinds, which latter not only render the liquor more palatable, but

but likewiſe more beneficial, as they are of an opening nature.

In an inflammation of the brain, nothing more certainly relieves the patient than a free diſcharge of blood from the noſe. When this comes of its own accord, it is by no means to be ſtopped, but rather promoted, by applying cloths dipped in warm water to the part. When bleeding at the noſe does not happen ſpontaneouſly, it may be provoked by putting a ſtraw, or any other ſharp body up the noſtril.

Bleeding in the temporal arteries greatly relieves the head; but as this operation cannot always be performed, we would recommend in its ſtead bleeding in the jugular veins. When the patient's pulſe and ſpirits are ſo low, that he cannot bear bleeding with the lancet, leaches may be applied to the temples. Theſe not only draw off the blood more gradually, but by being applied nearer to the part affected, generally give more immediate relief.

A diſcharge of blood from the hæmorrhoidal veins is likewiſe of great ſervice, and ought by all means to be promoted. If the patient has been ſubject to the bleeding piles, and that diſcharge has been ſtopped, every method muſt be tried to reſtore it; as the application of leeches to the parts, ſitting over the ſteams of warm water, ſharp clyſters, or ſuppoſitories made of honey, aloes, and rock-ſalt.

If the inflammation of the brain be occaſioned by the ſtoppage of evacuations either natural or artificial, as the menſes, iſſues, ſetons, or ſuch like, all means muſt be uſed to reſtore them as ſoon as poſſible, or to ſubſtitute others in their ſtead.

The patient's body muſt be kept open by ſtimulating clyſters or ſmart purges; and ſmall quantities of nitre ought frequently to be mixed with his drink. Two or three drams, or more, if the caſe be dangerous, may be uſed in the ſpace of twenty-four hours.

The head ſhould be ſhaved and frequently rubbed with vinegar and roſe-water. Cloths dipped in this

mixture may likewiſe be applied to the temples. The feet ought frequently to be bathed in lukewarm water, and ſoft poultices of bread and milk may be kept conſtantly applied to them.

If the diſeaſe proves obſtinate, and does not yield to theſe medicines, it will be neceſſary to apply a bliſtering-plaſter to the whole head.

CHAP.

CHAP. XV.

Of the Ophthalmia, or Inflammation of the Eyes.

THIS diſeaſe may be occaſioned by external injuries; as blows, burns, bruiſes, and the like. It may likewiſe proceed from duſt, quicklime, or other ſubſtances, getting into the eyes. It is often cauſed by the ſtoppage of cuſtomary evacuations; as the healing of old ſores, drying up of iſſues, the ſuppreſſing of gentle morning ſweats, or of the ſweating of the feet, &c. Long expoſure to the night air, eſpecially in cold northerly winds, or whatever ſudden checks the perſpiration, eſpecially after the body has been much heated, is very apt to cauſe an inflammation of the eyes. Viewing ſnow or other white bodies for a long time, or looking ſtedfaſtly at the ſun, a clear fire, or any bright object, will likewiſe occaſion this malady. A ſudden tranſition from darkneſs to very bright light will often have the ſame effect.

Nothing more certainly occaſions an inflammation of the eyes than night-watching, eſpecially reading or writing by candle-light. Drinking ſpirituous liquors, and exceſs of venery, are likewiſe very hurtful to the eyes. The acrid fumes of metals, and of ſeveral kinds of fuel, are alſo pernicious. Sometimes an inflammation of the eyes proceeds from a venereal taint, and often from a ſcrophulous or gouty habit. It may likewiſe be occaſioned by hairs in the eye-lids turning inwards, and hurting the eyes. Sometimes the diſeaſe is epidemic, eſpecially after wet ſeaſons; and we have frequently known it prove infectious, particularly to thoſe who lived in the ſame houſe with the patient. It may be occaſioned by moiſt air, or living in low damp houſes, eſpecially in perſons who are not accuſtomed to ſuch ſituations. In children it often

often proceeds from imprudently drying up of ſcabbed heads, a running behind the ears, or any other diſcharge of that kind. Inflammations of the eyes often ſucceed the ſmall-pox or meaſles, eſpecially in children of a ſcrophulous habit.

An inflammation of the eyes is attended with acute pain, heat, redneſs, and ſwelling. The patient is not able to bear the light, and ſometimes he feels a pricking pain, as if his eyes were pierced with a thorn. Sometimes he imagines his eyes are full of motes, or thinks he ſees flies dancing before him. The eyes are filled with a ſcalding rheum, which ruſhes forth in great quantities, whenever the patient attempts to look up. The pulſe is generally quick and hard, with ſome degree of fever. When the diſeaſe is violent, the neighbouring parts ſwell, and there is a throbbing or pulſation in the temporal arteries &c.

A ſlight inflammation of the eyes, eſpecially from an external cauſe, is eaſily cured; but when the diſeaſe is violent, and continues long, it often leaves ſpecks upon the eyes, or dimneſs of ſight, and ſometimes total blindneſs.

If the patient be ſeized with a looſeneſs, it has a good effect; and when the inflammation paſſes from one eye to another, as it were by infection, it is no unfavourable ſymptom. But when the diſeaſe is accompanied with a violent pain of the head, and continues long, the patient is in danger of loſing his ſight.

The diet, unleſs in ſcrophulous caſes, can hardly be too ſpare, eſpecially at the beginning. The patient muſt abſtain from every thing of a heating nature. His food ſhould conſiſt chiefly of mild vegetables, weak broths, and gruels. His drink may be barley-water, balm-tea, common whey, and ſuch like.

The patient's chamber muſt be darkened, or his eyes ſhaded by a cover, ſo as to exclude the light, but not to preſs upon the eyes. He ſhould not look at a candle, the fire, or any luminous object; and ought to avoid all ſmoke, as the fumes of tobacco, or any thing

thing that may cauſe coughing, ſneezing, or vomiting. He ſhould be kept quiet, avoiding all violent efforts, either of body or mind, and encouraging ſleep as much as poſſible.

This is one of thoſe diſeaſes wherein great hurt is often done by external applications. Almoſt every perſon pretends to be poſſeſſed of a remedy for the cure of ſore eyes. Theſe remedies generally conſiſt of eye-waters and ointments, with other external applications, which do miſchief twenty times for once they do good. People ought therefore to be very cautious how they uſe ſuch things, as even the preſſure upon the eyes often increaſes the malady.

Bleeding, in a violent inflammation of the eyes, is always neceſſary. This ſhould be performed as near the part affected as poſſible. An adult may loſe ten or twelve ounces of blood from the jugular vein, and the operation may be repeated according to the urgency of the ſymptoms. If it ſhould not be convenient to bleed in the neck, the ſame quantity may be let from the arm, or any other part of the body.

Leeches are often applied to the temples, or under the eyes, with good effect. The wounds muſt be ſuffered to bleed for ſome hours, and if the bleeding ſtop ſoon, it my be promoted by the application of cloths dipt in warm water. In obſtinate caſes, it will be neceſſary to repeat this operation ſeveral times.

Opening and diluting medicines are by no means to be neglected. The patient may take a ſmall doſe of Glauber's ſalts, and cream of tartar, every ſecond or third day, or a decoction of tamarinds with ſenna. If theſe be not agreeable, gentle doſes of rhubarb and nitre, a little of the lenitive electuary, or any other mild purgative, will anſwer the ſame end. The patient at the ſame time muſt drink freely of water-gruel, tea, whey, or any other weak diluting liquor. He ought likewiſe to take, at bed-time, a large draught of very weak wine-whey, in order to promote perſpiration. His feet and legs muſt frequent-

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ly be bathed in lukewarm water, and his head ſhaved twice or thrice a week, and afterwards waſhed in cold water. This has often a remarkably good effect.

If the inflammation does not yield to theſe evacuations, bliſtering-plaſters muſt be applied to the temples, behind the ears, or upon the neck; and kept open for ſome time by the mild bliſtering-ointment. We have ſeldom known theſe, if long enough kept open, fail to remove moſt obſtinate inflammation of the eye; but for this purpoſe it is often neceſſary to continue the diſcharge for ſeveral weeks.

When the diſeaſe has been of long ſtanding, we have ſeen very extraordinary effects from a ſeton in the neck, or between the ſhoulders, eſpecially the latter. It ſhould be put upwards and downwards, or in the direction of the ſpine, and in the middle between the ſhoulder blades. It may be dreſſed twice a-day with yellow baſilicon. I have known patients, who had been blind for a conſiderable time, recover ſight by means of a ſeton placed as above. When the ſeton is put acroſs the neck, it ſoon wears out, and is both more painful and troubleſome than between the ſhoulders; beſides, it leaves a diſagreeable mark, and does not diſcharge ſo freely.

When the heat and pain of the eyes are very great, a poultice of bread and milk, ſoftened with ſweet oil or freſh butter, may be applied to them, at leaſt all night; and they may be bathed with lukewarm milk and water in the morning.

If the patient cannot ſleep, which is ſometimes the caſe, he may take twenty or thirty drops of laudanum, or two ſpoonfuls of the ſyrup of poppies, over night, more or leſs according to his age, or the violence of the ſymptoms.

After the inflammation is gone off, if the eyes ſtill remain weak and tender, they may be bathed every night and morning with cold water and a little brandy, ſix parts of the former to one of the latter. A method ſhould be contrived by which the eye can be quite immerſed in the brandy and water, where

where it ſhould be kept for ſome time. We have generally found this, or cold warter and vinegar as good a ſtrengthener of the eyes as any of the moſt celebrated collyriums.

When an inflammation of the eyes proceeds from a ſcrophulous habit, it generally proves very obſtinate. In this caſe the patient's diet muſt not be too low, and he may be allowed to drink ſmall negus, or now and then a glaſs of wine. The moſt proper medicine is the Peruvian bark, which may either be given in ſubſtance, or prepared in the following maner:

Take an ounce of the bark in powder, with two drams of Winter's bark, and boil them in a quart of water to a pint; when it has boiled nearly long enough, add half an ounce of liquorice-root ſliced. Let the liquor be ſtrained. Two, three, or four table-ſpoonfuls, according to the age of the patient, may be taken three or four times a-day. It is impoſſible to ſay how long this medicine ſhould be continued, as the cure is ſooner performed in ſome than in others; but in general it requires a conſiderable time to produce any laſting effects.

Dr. Cheyne ſays, 'that Æthiop's mineral never fails in obſtinate inflammations of the eyes, even ſcrophulous ones, if given in a ſufficient doſe, and duly perſiſted in.' There is no doubt but this and other preparations of mercury may be of ſingular ſervice in ophthalmias of long continuance, but they ought always to be adminiſtered with the greateſt caution, or by perſons of ſkill in phyſic.

It will be proper frequently to look into the eyes, to ſee if any hairs be turned inwards, or preſſing upon them. Theſe ought to be removed by plucking them out with a pair of ſmall pincers.

Thoſe who are liable to frequent returns of this diſeaſe, ought conſtantly to have an iſſue in one or both arms. Bleeding or purging in the ſpring and autumn will be very beneficial to ſuch perſons. They ought likewiſe to live with the greateſt regularity,

avoiding ſtrong liquor, and every thing of a heating quality. Above all, let them avoid the night air and late ſtudies.

CHAP. XVI.

Of the Quinſey, or Inflammation of the Throat.

THIS diſeaſe is very common in Britain, and is frequently attended with great danger. It prevails in the winter and ſpring, and is moſt fatal to young people of a ſanguine temperament.

In general it proceeds from the ſame cauſes as other inflammatory diſorders, viz. in obſtructed perſpiration, or whatever heats or inflames the blood. An inflammation of the throat is often occaſioned by omitting ſome part of the covering uſually worn about the neck, by drinking cold liquor when the body is warm, by riding or walking againſt a cold northerly wind, or any thing that greatly cools the throat, and parts adjacent. It may likewiſe proceed from the neglect of bleeding, purging, or any cuſtomary evacuation.

Singing, ſpeaking loud and long, or whatever ſtrains the throat, may likewiſe cauſe an inflammation of that organ. We have often known the quinſey prove fatal to jovial companions, who, after ſitting long in a warm room, drinking hot liquors, and ſinging with vehemence, were ſo imprudent as to go abroad in the cold night-air. Sitting with wet feet, or keeping on wet clothes, are very apt to occaſion this malady. It is likewiſe frequently occaſioned by continuing long in a moiſt place, ſitting near an open window, ſleeping in a damp bed, ſitting in a room

that

that has been newly plaſtered, &c. We know people who never fail to have a ſore throat if they ſit even but a ſhort time in a room that has been lately waſhed.

Acrid or irritating food may likewiſe inflame the throat, and occaſion a quinſey. It may alſo proceed from bones, pins, or other ſharp ſubſtances ſticking in the throat, or from the cauſtic fumes of metals or minerals, as arſenic, antimony, &c. taken in by the breath. This diſeaſe is ſometimes epidemic and infectious.

The inflammation of the throat is evident from inſpection, the parts appearing red and ſwelled; beſides, the patient complains of pain in ſwallowing. His pulſe is quick and hard, with other ſymptoms of a fever. If blood be let, it is generally covered with a tough coat of a whitiſh colour, and the patient ſpits a tough phlegm. As the ſwelling and inflammation increaſe, the breathing and ſwallowing become more difficult; the pain affects the ears; the eyes generally appear red; and the face ſwells. The patient is often obliged to keep himſelf in an erect poſture, being in danger of ſuffocation; there is a conſtant nauſea, or inclination to vomit, and the drink, inſtead of paſſing into the ſtomach, is often returned by the noſe. The patient is ſometimes ſtarved at laſt, merely from an inability to ſwallow any kind of food.

When the breathing is laborious with ſtraitneſs of the breaſt, and anxiety, the danger is great. Though the pain in ſwallowing be very great, yet while the patient breathes eaſy, there is not ſo much danger. An external ſwelling is no unfavourable ſymptom: but if it ſuddenly falls, and the diſeaſe affects the breaſt, the danger is very great. When a quinſey is the conſequence of ſome other diſeaſe, which has already weakened the patient, his ſituation is dangerous. A frothing at the mouth, with a ſwelled tongue, a pale, ghaſtly countenance, and coldneſs of the extremities, are fatal ſymptoms.

The regimen in this diſeaſe is in all reſpects the ſame as in the pleuriſy, or peripneumony. The food muſt be light, and in ſmall quantity, and the drink plentiful, weak, and diluting, mixed with acids.

It is highly neceſſary that the patient be kept eaſy and quiet. Violent affections of the mind, or great efforts of the body may prove fatal. He ſhould not even attempt to ſpeak but in a low voice. Such a degree of warmth as to promote a conſtant, gentle ſweat, is proper. When the patient is in bed, his head ought to be raiſed a little higher than uſual.

It is peculiarly neceſſary that the neck be kept warm; for which purpoſe ſeveral folds of ſoft flannel may be wrapt round it. That alone will often remove a ſlight complaint of the throat, eſpecially if applied in due time. We cannot here omit obſerving the propriety of a cuſtom which prevails among the peaſants in Scotland. When they feel any uneaſineſs of the throat, the wrap a ſtocking about it all night. So effectual is this remedy, that in many places it paſſes for a charm, and the ſtocking is applied with particular ceremonies: the cuſtom, however, is undoubtedly a good one, and ſhould never be neglected. When the throat has been thus wrapped up all night, it muſt not be expoſed to the cold air through the day, but a handkerchief or a piece of flannel kept about it till the inflammation be removed.

The jelly of black currants is a medicine very much in eſteem for complaints of the throat; and indeed it is of ſome uſe. It ſhould be almoſt conſtantly kept in the mouth, and ſwallowed down leiſurely. It may likewiſe be mixed in the patient's drink, or taken any other way. When it cannot be obtained, the jelly of red currants, or of mulberries may be uſed in its ſtead.

Gargles for the throat are very beneficial. They may be made of ſage-tea, with a little vinegar and honey, or by adding to half a pint of the pectoral decoction two or three ſpoonfuls of honey, and the ſame quanty

quantity of currant jelly. This may be uſed three or four times a-day; and if the patient be troubled with tough viſcid phlegm, the gargle may be rendered more ſharp and cleanſing, by adding to it a tea-ſpoonful of the ſpirit of ſal ammoniac. Some recommend gargles made of a decoction of the leaves or bark of the black-currant buſh; but where the jelly can be had, theſe are unneceſſary.

There is no diſeaſe wherein the benefit of bathing the feet and legs in lukewarm water is more apparent: that practice ought therefore never to be neglected. If people were careful to keep warm, to wrap up their throats with flannel, to bathe their feet and legs in warm water, and to uſe a ſpare diet, with diluting liquors, at the beginning of this diſeaſe, it would ſeldom proceed to a great height, or be attended with any danger; but when theſe precautions are neglected, and the diſeaſe becomes violent, more powerful medicines are neceſſary.

An inflammation of the throat being a moſt acute and dangerous diſtemper, which ſometimes takes off the patient very ſuddenly, it will be proper, as ſoon as the ſymptoms appear, to bleed in the arm, or rather in the jugular vein, and to repeat the operation if circumſtances require.

The body ſhould likewiſe be kept gently open. This may either be done by giving the patient for his ordinary drink a decoction of figs and tamarinds, or ſmall doſes of rhubarb and nitre, as recommended in the eryſipelas. Theſe may be increaſed according to the age of the patient, and repeated till they have the deſired effect.

We have often known very good effects from a bit of ſal prunel, or purified nitre, held in the mouth, and ſwallowed down as it melted. This promotes the diſcharge of ſaliva, by which means it anſwers the end of a gargle, while at the ſame time it abates the fever, by promoting the diſcharge of urine, &c.

The throat ought likewiſe to be rubbed twice or thrice a-day with a little of the volatile liniment.

This

This ſeldom fails to produce ſome good effects. At the ſame time the neck ought to be carefully covered with wool or flannel, to prevent the cold from penetrating the ſkin, as this application renders it very tender. Many other external applications are recommended in this diſeaſe, as a ſwallow's neſt, poultices made of the fungus called Jew's ears, album Græcum, &c. But as we do not look upon any of theſe to be preferable to a common poultice of bread and milk, we ſhall take no farther notice of them.

Some recommend the gum-guaiacum as a ſpecific in this diſeaſe. Half a dram of the gum in powder may be made into an electuary with the rob of elderberries, or the jelly of currants for a doſe, and repeated occaſionally.

Bliſtering upon the neck or behind the ears in violent inflammations of the throat is very beneficial; and in bad caſes it will be neceſſary to lay a bliſtering-plaſter quite acroſs the throat, ſo as to reach from ear to ear. After the plaſters are taken off, the parts ought to be kept running by the application of iſſue ointment, till the inflammation is gone; otherwiſe, upon their drying up, the patient will be in danger of a relapſe.

When the patient has been treated as above, a ſuppuration ſeldom happens. This however is ſometimes the caſe, in ſpite of all endeavours to prevent it. When the inflammation and ſwelling continue, and it is evident that a ſuppuration will enſue, it ought to be promoted by drawing the ſteam of warm water into the throat through a tunnel, or the like. Soft poultices ought likewiſe to be applied outwardly, and the patient may keep a roaſted fig conſtantly in his mouth.

It ſometimes happens, before the tumour breaks, that the ſwelling is ſo great, as entirely to prevent any thing from getting down into the ſtomach. In this caſe the patient muſt inevitably periſh, unleſs he can be ſupported in ſome other way. This can only be done by nouriſhing clyſters of broth, or gruel with milk,

milk, &c. Patients have often been ſupported by theſe for ſeveral days, till the tumour has broke; and afterwards they have recovered.

Not only the ſwallowing, but the breathing, is often prevented by the tumour. In this caſe nothing can ſave the patient's life, but opening the treachea or wind-pipe. As that has been often done with ſucceſs, no perſon, in ſuch deſperate circumſtances, ought not to heſitate a moment about the operation; but as it can only be performed by a ſurgeon, it is not neceſſary here to give any directions about it.

When a difficulty of ſwallowing is not attended with an acute pain or inflammation, it is generally owing to an obſtruction of the glands about the throat, and only requires that the part be kept warm, and the throat frequently gargled with ſomething that may gently ſtimulate the glands, as a decoction of figs with vinegar and honey; to which may be added a little muſtard, or a ſmall quantity of ſpirits. But this gargle is never to be uſed where there are ſigns of an inflammation. This ſpecies of angina has various names among the common people, as the pap of the throat, the falling down of the almonds of the ears, &c. Accordingly, to remove it, they lift the patient up by the hair of the head, and thruſt their fingers under his jaws, &c. all which practices are at beſt uſeleſs, and often hurtful.

Thoſe who are ſubject to inflammations of the throat, in order to avoid that diſeaſe, ought to live temperate. Such as do not chooſe to obſerve this rule, muſt have frequent recourſe to purging and other evacuations, to diſcharge the ſuperfluous humours. They ought likewiſe to beware of catching cold, and ſhould abſtain from aliment and medicines of an aſtringent or ſtimulating nature.

Violent exerciſe, by increaſing the motion and force of the blood, is apt to occaſion an inflammation of the throat, eſpecially if cold liquor be drank immediately after it, or the body ſuffered ſuddenly to cool. Thoſe who would avoid this diſeaſe ought therefore,

after

after ſpeaking loud, ſinging, running, drinking warm liquor, or doing any thing that may ſtrain the throat, or increaſe the circulation of the blood towards it, to take care to cool gradually, and to wrap ſome additional covering about their necks.

We have often known perſons who had been ſubject to ſore throats, entirely freed from that complaint by only wearing a ribband, or a bit of flannel, conſtantly about their necks, or by wearing thicker ſhoes, a flannel waiſtcoat, or the like. Theſe may ſeem trifling, but they have great effect. There is danger indeed in leaving them off after perſons have been accuſtomed to them; but ſurely the inconveniency of uſing ſuch things for life, is not to be compared with the danger which may attend the neglect of them.

Sometimes, after an inflammation, the glands of the throat continue ſwelled, and become hard and callous. This complaint is not eaſily removed, and is often rendered dangerous by the too frequent application of ſtrong ſtimulating and ſtyptic medicines. The beſt method is to keep it warm, and to gargle it twice a-day with a decoction of figs ſharpened a little with the elixir or ſpirit of vitriol.

CHAP.

CHAP. XVII.

Of the Malignant Quinſey, or Putrid Ulcerous ſore Throat.

THIS kind of quinſey is but little known in the northern parts of Britain, though, for ſome time paſt, it has been fatal in the more ſouthern counties. Children are more liable to it than adults, females than males, and the delicate than thoſe who are hardy and robuſt. It prevails chiefly in autumn, and is moſt frequent after a long courſe of damp or ſultry weather.

This is evidently a contagious diſtemper, and is generally communicated by infection. Whole families, and even entire villages, often receive the infection from one perſon. This ought to put people upon their guard againſt going near ſuch patients as labour under the diſorder; as by that means they endanger not only their own lives, but likewiſe thoſe of their friends and connexions. Whatever tends to produce putrid or malignant fevers, may likewiſe occaſion the putrid ulcerous ſore throat, as unwholeſome air, damaged proviſions, neglect of cleanlineſs, &c.

It begins with alternate fits of ſhivering and heat. The pulſe is quick, but low and unequal, and generally continues ſo through the whole courſe of the diſeaſe. The patient complains greatly of weakneſs and oppreſſion of the breaſt; his ſpirits are low, and he is apt to faint away when ſet upright; he is troubled with a naufea, and often with a vomiting or purging. The two latter are moſt common in children. The eyes appear red and watery, and the face ſwells. The urine is at firſt pale and crude; but, as the diſeaſe advances, it turns more of a yellowiſh colour. The tongue is white, and generally moiſt,

which diſtinguiſhes this from an inflammatory diſeaſe. Upon looking into the throat, it appears ſwelled, and of a florid red colour. Pale or aſh-coloured ſpots however are here and there interſperſed, and ſometimes one broad patch or ſpot, of an irregular figure, and pale white colour, ſurrounded with florid red, only appears. Theſe whitiſh ſpots or ſloughs cover ſo many ulcers.

An efflorescence, or eruption upon the neck, arms, breaſt, and fingers, about the ſecond or third day, is a common ſymptom of this diſeaſe. When it appears, the purging and vomiting generally ceaſe.

There is often a ſlight degree of delirium, and the face frequently appears bloated, and the inſide of the noſtrils red and inflamed. The patient complains of a diſagreeable putrid ſmell, and his breath is very offenſive.

The putrid, ulcerous ſore throat may be diſtinguiſhed from the inflammatory, by the vomiting and looſeneſs with which it is generally uſhered in; the foul ulcers in the throat covered with a white or livid coat; and by the exceſſive weakneſs of the patient; with other ſymptoms of a putrid fever.

Unfavourable ſymptoms are, an obſtinate purging, extreme weakneſs, dimneſs of the ſight, a livid or black colour of the ſpots, and frequent ſhiverings, with a weak, fluttering pulſe. If the eruption upon the ſkin ſuddenly diſappears, or becomes of a livid colour, with a diſcharge of blood from the noſe or mouth, the danger is very great.

If a gentle ſweat break out about the third or fourth day, and continue with a ſlow, firm, and equal pulſe; if the ſloughs caſt off in a kindly manner, and appear clean and florid at the bottom; and if the breathing is ſoft and free, with a lively colour of the eyes, there is reaſon to hope for a ſalutary criſis.

The patient muſt be kept quiet, and for the moſt part in bed, as he will be apt to faint when taken out of it. His food muſt be nouriſhing and reſtorative; as ſago-gruel with red wine, jellies, ſtrong broths,

broths, &c. His drink ought to be generous, and of an antiſeptic quality; as red wine negus, white wine whey, and ſuch like.

The medicine in this kind of quinſey is entirely different from that which is proper in the inflammatory. All evacuations, as bleeding, purging, &c. which weaken the patient, muſt be avoided. Cooling medicines, as nitre and cream of tartar, are likewiſe hurtful. Strengthening cordials alone can be uſed with ſafety; and theſe ought never to be neglected.

If at the beginning there is a great nauſea, or inclination to vomit, the patient muſt drink an infuſion of green tea, camomile flowers, or carduus benedictus, in order to cleanſe the ſtomach. If theſe are not ſufficient, he may take a few grains of the powder of ipecacuanha, or any other gentle vomit.

If the diſeaſe is mild, the throat may be gargled with an infuſion of ſage and roſe leaves, to a gill of which may be added a ſpoonful or two of honey; and as much vinegar as will make it agreeably acid; but when the ſymptoms are urgent, the ſloughs large and thick, and the breath very offenſive, the following gargle may be uſed:

To ſix or ſeven ounces of the pectoral decoction, when boiling, add half an ounce of contrayerva root; let it boil for ſome time, and afterwards ſtrain the liquor; to which add two ounces of white-wine vinegar, an ounce of fine honey, and an ounce of the tincture of myrrh. This ought not only to be uſed as a gargle, but a little of it ſhould frequently be injected with a ſyringe to clean the throat, before the patient takes any meat or drink. This method is peculiarly neceſſary for children, who cannot uſe a gargle.

It will be of great benefit if the patient frequently receives into his mouth, through an inverted funnel, the ſteams of warm vinegar, myrrh, and honey.

But when the putrid ſymptoms run high, and the diſeaſe is attended with danger, the only medicine that can be depended upon is the Peruvian bark. It may be taken in ſubſtance, if the patient's ſtomach

will bear it. If not, an ounce of bark grosly powdered, with two drams of Virginian snake-root, may be boiled in a pint and a half of water to half a pint; to which a tea-spoonful of the elixir of vitriol may be added, and a tea-cupful of it taken every three or four hours. Blistering-plasters are very beneficial in this disease, especially when the patient's pulse and spirits are low. They may be applied to the throat, behind the ears, or upon the back part of the neck.

Should the vomiting prove troublesome, it will be proper to give the patient two table-spoonfuls of the saline julep every hour. Tea made of mint and a little cinnamon will be very proper for his ordinary drink, especially if an equal quantity of red wine be mixed with it.

In case of a violent looseness, the size of a nutmeg of diascordium, or the japonic confection, may be taken two or three times a-day, or oftener if necessary.

If a discharge of blood from the nose happens, the steams of warm vinegar may be received up the nostrils frequently; and the drink must be sharpened with spirits of vitriol, or tincture of roses.

In case of a strangury, the belly must be fomented with warm water, and emollient clysters given three or four times a-day.

After the violence of the disease is over, the body should still be kept open with mild purgatives; as manna, senna, rhubarb, or the like.

If great weakness and dejection of spirits, or night-sweat, with other symptoms of a consumption, should ensue, we would advise the patient to continue the use of the Peruvian bark, with the elixir of vitriol, and to take frequently a glass of generous wine. These, together with a milk diet, and riding on horse-back, are the most likely means for recovering his strength.

CHAP.

CHAP. XVIII.

Of Colds and Coughs.

IT has already been obſerved, that colds are the effect of an obſtructed perſpiration; the common cauſes of which we have likewiſe endeavoured to point out; and ſhall not here repeat them. Neither ſhall we ſpend time in enumerating all the various ſymptoms of colds, as they are pretty generally known. It may not however be amiſs to obſerve, that almoſt every cold is a kind of fever, which only differs in degree from ſome of thoſe that have already been treated of.

No age, ſex, or conſtitution, is exempted from this diſeaſe; neither is it in the power of any medicine or regimen to prevent it. The inhabitants of every climate are liable to catch cold, nor can even the greateſt circumſpection defend them at all times from its attacks. Indeed, if the human body could be kept conſtantly in an uniform degree of warmth, ſuch a thing as catching cold would be impoſſible; but as that cannot be effected by any means, the perſpiration muſt be liable to many changes. Such changes, however, when ſmall, do not affect the health; but, when great, they muſt prove hurtful.

When oppreſſion of the breaſt, a ſtuffing of the noſe, unuſual wearineſs, pain of the head, &c. give ground to believe that the perſpiration is obſtructed, or, in other words, that the perſon has caught cold, he ought immediately to leſſen his diet, at leaſt the uſual quantity of his ſolid food, and abſtain from all ſtrong liquors. Inſtead of fleſh, fiſh, eggs, milk, and other nouriſhing diet, he may eat light bread-pudding, veal or chicken broth, panado, gruels, and ſuch like. His drink may be water-gruel ſweetened with a little honey;

honey; an infuſion of balm, or linſeed ſharpened with the juice of orange or lemon; a decoction of barley and liquorice, with tamarinds, or any other cool, diluting, acid liquor.

Above all, his ſupper ſhould be light; as ſmall poſſet, or water-gruel ſweetened with honey, and a little toaſted bread in it. If honey ſhould diſagree with the ſtomach, the gruel may be ſweetened with treacle or coarſe ſugar, and ſharpened with jelly of currants. Thoſe who have been accuſtomed to generous liquors may take wine-whey inſtead of gruel, which may be ſweetened as above.

The patient ought to lie longer than uſual a-bed, and to encourage a gentle ſweat, which is eaſily brought on towards morning, by drinking tea, or any kind of warm diluting liquor. We have often known this practice carry off a cold in one day, which, in all probability, had it been neglected, would have coſt the patient his life, or have confined him for ſome months. Would people ſacrifice a little to eaſe and warmth, and practice a moderate degree of abſtinence when the firſt ſymptoms of a cold appear, we have reaſon to believe that moſt of the bad effects which flow from an obſtructed perſpiration might be prevented. But, after the diſeaſe has gathered ſtrength by delay, all attempts to remove it often prove vain. A pleuriſy, a peripneumony, or a fatal conſumption of the lungs, are the common effects of colds which have either been totally neglected or treated improperly.

Many attempt to cure a cold, by getting drunk: but this, to ſay no worſe of it, is a very hazardous experiment. No doubt it may ſometimes ſucceed, by ſuddenly reſtoring the perſpiration; but when there is any degree of inflammation, which is frequently the caſe, ſtrong liquors, inſtead of removing the malady, will increaſe it. By this means a common cold may be converted into an inflammatory fever.

When thoſe who labour for their daily bread have the misfortune to catch cold, they cannot afford to

loſe

loſe a day or two, in order to keep themſelves warm, and take a little medicine; by which means the diſorder is often ſo aggravated as to confine them for a long time, or even to render them ever after unable to ſuſtain hard labour. But even ſuch of the labouring poor as can afford to take care of themſelves, are often too hardy to do it; they affect to deſpiſe colds, and as long as they can crawl about, ſcorn to be confined by what they call a common cold. Hence it is, that colds deſtroy ſuch numbers of mankind. Like an enemy deſpiſed, they gather ſtrength from delay, till at length they become invincible. We often ſee this verified in travellers, who, rather than loſe a day in the proſecution of their buſineſs, throw away their lives by purſuing their journey, even in the ſevereſt weather, with this diſeaſe upon them.

It is certain, however, that colds may be too much indulged. When a perſon, for every ſlight cold, ſhuts himſelf up in a warm room, and drinks great quantities of warm liquor, it may occaſion ſuch a general relaxation of the ſolids as will not be eaſily removed. It will therefore be proper, when the diſeaſe will permit, and the weather is mild, to join to the regimen mentioned above gently exerciſe; as walking, riding on horſeback, or in a carriage, &c. An obſtinate cold, which no medicine can remove, will yield to gentle exerciſe and a proper regimen of the diet.

Bathing the feet and legs in warm water has a great tendency to reſtore the perſpiration. But care muſt be taken that the water be not too warm, otherwiſe it will do hurt. It ſhould never be much warmer than the blood, and the patient ſhould go immediately to bed after uſing it. Bathing the feet in warm water, lying in bed, and drinking warm water-gruel, or other weak liquors, will ſooner take off a ſpaſm, and reſtore the perſpiration, than all the hot ſudorific medicines in the world. This is all that is neceſſary for removing a common cold; and if this courſe be taken at the beginning, it will ſeldom fail.

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But when the ſymptoms do not yield to abſtinence, warmth, and diluting liquors, there is reaſon to fear the approach of ſome other diſeaſe, as an inflammation of the breaſt, an ardent fever, or the like. If the pulſe therefore be hard and frequent, the ſkin hot and dry, and the patient complains of his breaſt, it will be neceſſary to bleed, and to give the cooling powders recommended in the ſcarlet fever, every three or four hours, till they give a ſtool.

It will likewiſe be proper to put a bliſtering-plaſter on the back, to give two table-ſpoonfuls of the ſaline mixture every two hours, and in ſhort to treat the patient in all reſpects as for a ſlight fever. We have often ſeen this courſe, when obſerved at the beginning, remove the complaint in two or three days, when the patient had all the ſymptoms of an approaching ardent fever, or an inflammation of the breaſt.

The chief ſecret of preventing colds lies in avoiding, as far as poſſible, all extremes either of heat or cold, and in taking care, when the body is heated, to let it cool gradually. Theſe and other circumſtances relating to this important ſubject are ſo fully treated of under the article Obſtructed Perſpiration, that it is needleſs here to reſume the conſideration of them.

OF A COMMON COUGH.

A cough is generally the effect of a cold, which has either been improperly treated, or entirely neglected. When it proves obſtinate, there is always reaſon to fear the conſequences, as this ſhews a weak ſtate of the lungs, and is often the forerunner of a conſumption.

If the cough be violent, and the patient young and ſtrong, with a hard quick pulſe, bleeding will be proper; but in weak and relaxed habits, bleeding will rather prolong the diſeaſe. When the patient ſpits freely, bleeding is unneceſſary, and ſometimes hurtful, as it tends to leſſen that diſcharge.

When

When the cough is not attended with any degree of fever, and the ſpittle is viſcid and tough, ſharp pectoral medicines are to be adminiſtered; as gum-ammoniac, ſquills, &c. Two table-ſpoonfuls of the ſolution of gum-ammoniac may be taken three or four times a-day, more or leſs, according to the age and conſtitution of the patient. Squills may be given various ways: two ounces of the vinegar, the oxymel, or the ſyrup, may be mixed with the ſame quantity of ſimple cinnamon-water, to which may be added an ounce of common water and an ouce of balſamic ſyrup. Two table-ſpoonfuls of this mixture may be taken three or four times a-day.

A ſyrup made of equal parts of lemon-juice, honey, and ſugar-candy, is likewiſe very proper in this kind of cough. A table-ſpoonful of it may be taken at pleaſure.

But when the defluction is ſharp and thin, theſe medicines rather do hurt. In this caſe gentle opiates, oils, and mucilages, are more proper. A cup of an infuſion of wild poppy leaves, and marſh-mallow roots, or the flowers of colts-foot, may be taken frequently; or a tea-ſpoonful of the paregoric elixir may be put into the patient's drink twice a-day. Fuller's Spaniſh infuſion is alſo a very proper medicine in this caſe, and may be taken in the quantity of a tea-cupful three or four times a-day.

When a cough is occaſioned by acrid humours tickling the throat and fauces, the patient ſhould keep ſome ſoft pectoral lozenges, almoſt conſtantly in his mouth; as the Ponterfract liquorice cakes, barley-ſugar, the common balſamic lozenges, Spaniſh juice, &c. Theſe blunt the acrimony of the humours, and by taking off their ſtimulating quality, help to appeaſe the cough.

In obſtinate coughs, proceeding from a flux of humours upon the lungs, it will often be neceſſary, beſides expectorating medicines, to have recourſe to iſſues, ſetons, or ſome other drain. In this caſe we have often obſerved the moſt happy effects from a Bur-

gundy-pitch plaſter applied between the ſhoulders. we have ordered this ſimple remedy in the moſt obſtinate coughs, in a great number of caſes, and in many different conſtitutions, without ever knowing it fail to give relief, unleſs where there were evident ſigns of an ulcer in the lungs.

About the bulk of a nutmeg of Burgundy-pitch may be ſpread thin upon a piece of ſoft leather, about the ſize of the hand, and laid between the ſhoulder-blades. It may be taken off and wiped every three or four days, and ought to be renewed once a fortnight or three weeks. This is indeed a cheap and ſimple medicine, and conſequently apt to be deſpiſed; but we will venture to affirm, that the whole materia medica does not afford an application more efficacious in almoſt every kind of cough. It has not indeed always an immediate effect; but, if kept on for ſome time, it will ſucceed where moſt other medicines fail.

The only inconveniency attending this plaſter is the itching which it occaſions; but ſurely this may be diſpenſed with, conſidering the advantage which the patient may expect to reap from the application; beſides, when the itching becomes very uneaſy, the plaſter may be taken off, and the part rubbed with a dry cloth, or waſhed with a little warm milk and water. Some caution indeed is neceſſary in diſcontinuing the uſe of ſuch a plaſter; this however may be ſafely done by making it ſmaller by degrees, and at length quitting it altogether in a warm ſeaſon.

But coughs proceed from many other cauſes beſides defluxions upon the lungs. In theſe caſes the cure is not to be attempted by pectoral medicines. Thus, in a cough proceeding from a foulneſs and debility of the ſtomach, ſyrups, oils, mucilages, and all kinds of balſamic medicines do hurt. The ſtomach cough may be known from one that is owing to a fault in the lungs by this, that in the latter the patient

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coughs whenever he inſpires, or draws in his breath fully; but in the former that does not happen.

The cure of this cough depends chiefly upon cleanſing and ſtrengthening the ſtomach; for which purpoſe gentle vomits and bitter purgatives are moſt proper. Thus, after a vomit or two, the ſacred tincture, as it is called, may be taken for a conſiderable time in the doſe of one or two table-ſpoonfuls twice a-day, or as often as it is found neceſſary, to keep the body gently open. People may make this tincture themſelves, by infuſing an ounce of hiera picra, in an Engliſh pint of white wine, letting it ſtand a few days, and then ſtraining it.

In coughs which proceed from a debility of the ſtomach, the Peruvian bark is likewiſe of conſiderable ſervice. It may either be chewed, taken in powder, or made into a tincture along with other ſtomachic bitters.

A nervous cough can only be removed by change of air and proper exerciſe; to which may be added the uſe of gentle opiates. Inſtead of the ſaponaceous pill, the paregoric elixir, &c. which are only opium diſguiſed, ten, fifteen, twenty, or twenty-five drops of liquid laudanum, more or leſs, as circumſtances require, may be taken at bed time, or when the cough is moſt troubleſome. Immerſing the feet and hands in warm water will often appeaſe the violence of a nervous cough.

When a cough is only the ſymptom of ſome other malady, it is in vain to attempt to remove it without firſt curing the diſeaſe from which it proceeds Thus when a cough is occaſioned by teething, keeping the body open, ſcarifying the gums, or whatever facilitates the cutting of the teeth, likewiſe appeaſes the cough. In like manner, when worms occaſion a cough, ſuch medicines as remove theſe vermin will generally cure the cough; as bitter purgatives, oily clyſters, and ſuch like.

Women, during the laſt months of pregnancy, are often greatly afflicted with a cough, which is gene-

rally relived by bleeding, and keeping the body gently open. They ought to avoid all flatulent food, and to wear a looſe eaſy dreſs.

A cough is not only a ſymptom, but is often likewiſe the forerunner of diſeaſes. Thus, the gout is frequently uſhered in by a very troubleſome cough, which affects the patient for ſome days before the coming on of the fit. This cough is generally removed by a paroxyſm of the gout, which ſhould therefore be promoted, by keeping the extremities warm, drinking warm liquors, and bathing the feet and legs frequently in lukewarm water.

CHAP.

CHAP. XIX.

Of the Hooping-cough, or Chin-cough.

THIS cough ſeldom affects adults, but proves often fatal to children. Such children as live upon thin watery diet, who breathe unwholeſome air, and have too little exerciſe, are moſt liable to this diſeaſe, and generally ſuffer moſt from it.

The chin-cough is ſo well known, even to nurſes, that a deſcription of it is unneceſſary. Whatever hurts the digeſtion, obſtructs the perſpiration, or relaxes the ſolids, diſpoſes to this diſeaſe; conſequently its cure muſt depend upon cleanſing and ſtrengthening the ſtomach, bracing the ſolids, and at the ſame time promoting perſpiration, and the different ſecretions.

The diet muſt be light, and of eaſy digeſtion; for children, good bread made into pap or pudding, chicken broth, with other light ſpoon meats, are proper; but thoſe who are further advanced may be allowed ſago-gruel, and if the fever be not high, a little boiled chicken, or other white meats. The drink may be hyſſop, or penny-royal tea, ſweetened with honey or ſugar-candy, ſmall wine-whey; or if the patient be weak, he may ſometimes be allowed a little negus.

One of the moſt effectual remedies in the chin-cough is change of air. This often removes the malady, even when the change ſeems to be from a purer to a leſs wholeſome air. This may in ſome meaſure depend on the patient's being removed from the place where the infection prevails. Moſt of the diſeaſes of children are infectious; nor is it at all uncommon to find the chin-cough prevailing in one town or village, when another, at a very ſmall diſtance, is quite free from it. But whatever be

be the cauſe, we are ſure of the fact. No time ought therefore to be loſt in removing the patient at ſome diſtance from the place where he caught the diſeaſe, and if poſſible, into a more pure and warm air.

When the diſeaſe proves violent, and the patient is in danger of being ſuffocated by the cough, he ought to be bled, eſpecially if there be a fever with a hard full pulſe. But as the chief intention of bleeding is to prevent an inflammation of the lungs, and to render it more ſafe to give vomits, it will ſeldom be neceſſary to repeat the operation; yet if there are ſymptoms of an inflammation of the lungs, a ſecond or even a third bleeding may be requiſite.

It is generally reckoned a favourable ſymptom when a fit of coughing makes the patient vomit. This cleanſes the ſtomach, and greatly relieves the cough. It will therefore be proper to promote this diſcharge, either by ſmall doſes of ipecacuanha. or the vomiting julep, recommended in the Appendix.

It is very difficult to make children drink after a vomit. We have often ſeen them happily deceived, by infuſing a ſcruple or half a drachm of the powder of ipecacuanha in a tea-pot, with half an Engliſh pint of boiling water. If this be diſguiſed with a few drops of milk and a little ſugar, they will imagine it tea, and drink it very greedily. A ſmall tea-cupful of this may be given every quarter of an hour, or rather every ten minutes, till it operates. When the child begins to puke, there will be no occaſion for drinking any more, as the water already on the ſtomach will be ſufficient.

Vomits not only cleanſe the ſtomach, which in this diſeaſe is generally loaded with viſcid phlegm, but they likewiſe promote the perſpiration and other ſecretions, and ought therefore to be repeated according to the obſtinacy of the diſeaſe. They ſhould not however be ſtrong; gentle vomits frequently repeated are both leſs dangerous, and more beneficial than ſtrong ones.

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The body ought to be kept gently open. The beſt medicines for this purpoſe are rhubarb and its preparations, as the ſyrup, tincture, &c. Of theſe a tea-ſpoonful or two may be given to an infant twice or thrice a-day, as there is occaſion. To ſuch as are farther advanced, the doſe muſt be proportionally increaſed, and repeated till it has the deſired effect. Thoſe who cannot be brought to take the bitter tincture, may have an infuſion of ſenna and prunes, ſweetened with manna, coarſe ſugar, or honey; or a few grains of rhubarb mixed with a tea-ſpoonful or two of ſyrup, or currant jelly, ſo as to diſguiſe the taſte. Moſt children are fond of ſyrups and jellies, and ſeldom refuſe even a diſagreeable medicine when mixed with them.

Many people believe that oily, pectoral, and balſamic medicines poſſeſs wonderful virtues for the cure of the chin-cough, and accordingly exhibit them plentifully to patients of every age and conſtitution, without conſidering that every thing of this nature muſt load the ſtomach, hurt the digeſtion, and of courſe aggravate the diſorder.

The millepedes, or wood-lice, are greatly recommended for the cure of a chin-cough. Thoſe who chooſe to make uſe of theſe inſects, may infuſe two ounces of them bruiſed in a pint of ſmall white wine for one night. Afterwards the liquor may be ſtrained through a cloth, and a table-ſpoonful of it given to the patient three or four times a-day.

Opiates are ſometimes neceſſary to allay the violence of the cough. For this purpoſe a little of the ſyrup of poppies, or five, ſix, or ſeven drops of laudanum, according to the age of the patient, may be taken in a cup of hyſſop or penny-royal tea, and repeated occaſionally.

The garlic ointment is a well known remedy in North Britain for the chin-cough. It is made by beating in a mortar garlic with an equal quantity of hogs lard. With this the ſoles of the feet may be rubbed twice or thrice a-day; but the beſt method

thod is to ſpread it upon a rag, and apply it in the form of plaſter. It ſhould be renewed every night and morning at leaſt, as the garlic ſoon loſes its virtue. This is an exceeding good medicine both in the chin-cough, and in moſt other coughs of an obſtinate nature. It ought not however to be uſed when the patient is very hot or feveriſh, leſt it ſhould increaſe theſe ſymptoms.

The feet ſhould be bathed once every two or three days in lukewarm water; and a Burgundy-pitch plaſter kept conſtantly between the ſhoulders. But when the diſeaſe proves very violent, it will be neceſſary, inſtead of it, to apply a bliſtering-plaſter, and to keep the part open for ſome time with iſſue-ointment.

When the diſeaſe is prolonged, and the patient is free from a fever, the Peruvian bark, and other bitters are the moſt proper medicines. The bark may either be taken in ſubſtance, or in a decoction or infuſion, as is moſt agreeable. For a child, ten, fifteen, or twenty grains, according to the age of the patient, may be given three or four times a-day. For an adult, half a drachm or two ſcruples will be proper. Some give the extract of the bark with cantharides; but to manage this requires a conſiderable attention. It is more ſafe to give a few grains of caſter along with the bark. A child of ſix or ſeven years of age may take ſeven or eight grains of caſtor, with fifteen grains of powdered bark, for a doſe. This may be made into a mixture with two or three ounces of any ſimple diſtilled water, and a little ſyrup, and taken three or four times a-day.

CHAP.

CHAP. XX.

Inflammation of the Stomach, and other Viſcera.

ALL inflammations of the bowels are dangerous, and require the moſt ſpeedy aſſiſtance; as they frequently end in a ſuppuration, and ſometimes in a mortification, which is certain death.

An inflammation of the ſtomach may proceed from any of the cauſes which produce an inflammatory fever; as cold liquor drank while the body is warm, obſtructed perſpiration, or the ſudden ſtriking in of any eruption. It may likewiſe proceed from the acrimony of the bile, or from acrid and ſtimulating ſubſtances taken into the ſtomach; as ſtrong vomits or purges, corroſive poiſons, and ſuch like. When the gout has been repelled from the extremities, either by cold or improper applications, it often occaſions an inflammation of the ſtomach, Hard or indigeſtible ſubſtances taken into the ſtomach, as bones, the ſtones of fruits, &c. may likewiſe have that effect.

It is attended with a fixed pain and burning heat in the ſtomach; great reſtleſſneſs and anxiety; a ſmall, quick, and hard pulſe; vomiting, or, at leaſt, a naufea and ſickneſs; exceſſive thirſt; coldneſs of the extremities; difficulty of breathing; cold clammy ſweats; and ſometime convulſions and fainting fits. The ſtomach is ſwelled, and often feels hard to the touch. One of the moſt certain ſigns of this diſeaſe is the ſenſe of pain, which the patient feels upon taking any kind of food or drink, eſpecially if it be either too hot or too cold.

When the patient vomits every thing he eats or drinks, is extremely reſtleſs, has a hiccup, with an intermitting pulſe, and frequent fainting fits, the danger is very great.

All acrimonious, heating, and irritating food and drink are carefully to be avoided. The weakneſs of the patient may deceive the by-ſtanders, and induce them to give him wines, ſpirits, or other cordials; but theſe never fail to increaſe the diſeaſe, and often occaſion ſudden death. The inclination to vomit may likewiſe impoſe on the attendants, and make them think a vomit neceſſary; but that too is almoſt certain death.

The food muſt be light, thin, cool, and eaſy of digeſtion. It muſt be given in ſmall quantities, and ſhould neither be quite cold nor too hot. Thin gruel made of barley or oatmeal, light toaſted bread diſſolved in boiling water, or very weak chicken broth, are the moſt proper. The drink ſhould be clear whey, barley-water, water in which toaſted bread has been boiled, or decoctions of emollient vegetables, as liquorice and marſh-mallow roots, ſarſaparilla, or the like.

Bleeding in this diſeaſe is abſolutely neceſſary, and is almoſt the only thing that can be depended on. When the diſeaſe proves obſtinate; it will often be proper to repeat this operation ſeveral times, nor muſt the low ſtate of the pulſe deter us from doing ſo. The pulſe indeed generally riſes upon bleeding, and as long as that is the caſe, the operation is ſafe.

Frequent fomentations with lukewarm water, or a decoction of emollient vegetables, are likewiſe beneficial. Flannel cloths dipped in theſe muſt be applied to the region of the ſtomach, and removed as they grow cool. They muſt neither be applied too warm, nor be ſuffered to continue till they become quite cold, as either of theſe extremes would aggravate the diſeaſe.

The feet and legs ought likewiſe to be frequently bathed in lukewarm water, and warm bricks or poultices may be applied to the ſoles of the feet. The warm bath, if it can be conveniently uſed, will be of great ſervice.

In this, and all other inflammations of the bowels, an epiſpaſtic, or bliſtering-plaſter, applied over the part affected, is one of the beſt remedies we know. We have often uſed it, and do not recollect one inſtance wherein it did not give relief to the patient.

The only internal medicines which we ſhall venture to recommend in this diſeaſe, are mild clyſters. Theſe may be made of warm water, or thin water-gruel; and if the patient is coſtive, a little ſweet oil, honey, or manna, may be added. Clyſters anſwer the purpoſe of an internal fomentation, while they keep the body open, and at the ſame time nouriſh the patient, who is often in this diſeaſe unable to retain any food upon his ſtomach. For theſe reaſons they muſt not be neglected, as the patient's life may depend on them.

INFLAMMATION OF THE INTESTINES.

This is one of the moſt painful and dangerous diſeaſes that mankind is liable to. It generally proceeds from the ſame cauſes as the inflammation of the ſtomach; to which may be added coſtiveneſs, worms, eating unripe fruits, or great quantities of nuts, drinking hard windy malt liquors, as ſtale bottled beer or ale, ſour wine, cyder, &c. It may likewiſe be occaſioned by a rupture, by ſcirrhous tumours of the inteſtines, or by their oppoſite ſides growing together.

The inflammation of the inteſtines is denominated *Iliac paſſion*, *Enteritis*, *&c.* according to the name of the parts affected. The treatment however is nearly the ſame whatever part of the inteſtinal canal be the ſeat of the diſeaſe; we ſhall therefore omit theſe diſtinctions, leſt they ſhould perplex the reader.

The ſymptoms here are nearly the ſame as in the foregoing diſeaſe; only the pain, if poſſible, is more acute, and is ſituated lower. The vomiting is likewiſe more violent, and ſometimes even the excrements, together with the clyſters, are diſcharged by

the mouth. The patient is continually belching up wind, and has often an obſtruction of his urine.

While the pain ſhifts and the vomiting only returns at certain intervals, and while the clyſters paſs downwards, there is ground for hope; but when the clyſters and fæces are vomited, and the patient is exceeding weak, with a low fluttering pulſe, a pale countenance, and a diſagreeable or ſtinking breath, there is great reaſon to fear that the conſequences will prove fatal. Clammy ſweats, black fœtid ſtools, with a ſmall intermitting pulſe, and a total ceſſation of pain, are ſigns of a mortification already begun, and of approaching death.

The regimen in this diſeaſe is in general the ſame as in an inflammation of the ſtomach. The patient muſt be kept quiet, avoiding cold, and all violent daſſions of the mind. His food ought to be very light and given in ſmall quantities; his drink weak and diluting; as clear whey, barley-water, and ſuch like.

Bleeding in this, as well as in the inflammation of the ſtomach, is of the greateſt importance. It ſhould be performed as ſoon as the ſymptoms appear, and muſt be repeated according to the ſtrength of the patient, and the violence of the diſeaſe.

A bliſtering-plaſter is here likewiſe to be applied immediately over the part where the moſt violent pain is. This not only relieves the pain of the bowels, but even clyſters and purgative medicines, which before had no effect, will operate when the bliſter begins to riſe.

Fomentations and laxative clyſters are by no means to be omitted. The patient's feet and legs ſhould frequently be bathed in warm water; and cloths dipped in it applied to his belly. Bladders filled with warm water may likewiſe be applied to the region of the navel, and warm bricks or bottles filled with warm water, to the ſoles of the feet. The clyſters may be made of barley-water or thin gruel with ſalt, and ſoftened with ſweet oil or freſh butter. Theſe

may

may be adminiſtered every two or three hours, or oftener, if the patient continues coſtive.

If the diſeaſe does not yield to clyſters and fomentations, recourſe muſt be had to pretty ſtrong purgatives; but as theſe, by irritating the bowels, often increaſe their contraction, and by that means fruſtrate their own intention, it will be neceſſary to join them with opiates, which by allaying the pain, and relaxing the ſpaſmodic contractions of the guts, greatly aſſiſt the operation of purgatives in this caſe.

What anſwers the purpoſe of opening the body very well, is a ſolution of the bitter purging ſalts. Two ounces of theſe may be diſſolved in a pint of warm water, or thin gruel, and a tea-cupful of it taken every half hour till it operates. At the ſame time fifteen, twenty, or twenty-five drops of laudanum may be given in a glaſs of peppermint or ſimple cinnamon-water, to appeaſe the irritation, and prevent the vomiting, &c.

Acids have often a very happy effect in ſtaying the vomiting, and appeaſing the other violent ſymptoms of this diſeaſe. It will therefore be of uſe to ſharpen the patient's drink with cream of tartar, juice of lemon; or, when theſe cannot be obtained, with vinegar.

But it often happens that no liquid whatever will ſtay on the ſtomach, In this caſe the patient muſt take purging pills. We have generally found the following anſwer very well: Take jalap in powder, and vitriolated tartar, of each half a dram, opium one grain, Caſtile ſoap as much as will make the maſs fit for pills. Theſe muſt be taken at one doſe, and if they do not operate in a few hours, the doſe may be repeated.

If a ſtool cannot be procured by any of the above means, it will be neceſſary to immerſe the patient in warm water up to the breaſt. We have often ſeen this ſucceed when other means had been tried in vain. The patient muſt continue in the water as long as he can eaſily bear it without fainting, and if one immerſion

ſion has not the deſired effect, it may be repeated as ſoon as the patient's ſtrength and ſpirits are recruited. It is more ſafe for him to go frequently into the bath, than to continue too long at a time; and it is often neceſſary to repeat it ſeveral times before it has the deſired effect.

It has ſometimes happened, after all other means of procuring a ſtool had been tried to no purpoſe, that this was brought about by immerſing the patient's lower extremities in cold water, or making him walk upon a wet pavement, and daſhing his legs and thighs with the cold water. This method, when others fail, at leaſt merits a trial. It is indeed attended with ſome danger; but a doubtful remedy is better than none.

In deſperate caſes it is common to give quickſilver. This may be given to the quantity of ſeveral ounces, or even a pound, but ſhould not exceed that. When there is reaſon to ſuſpect a mortification of the guts, this medicine ought not to be tried. In that caſe it cannot cure the patient, and will only haſten his death. But when the obſtruction is occaſioned by any cauſe that can be removed by force, quickſilver is not only a proper medicine, but the beſt that can be adminiſtered, as it is the fitteſt body we know for making its way through the inteſtinal canal.

If the diſeaſe proceeds from a rupture, the patient muſt be laid with his head very low, and the inteſtines returned by gentle preſſure with the hand. If this, with fomentations and clyſters, ſhould not ſucceed, recourſe muſt be had to a ſurgical operation, which may give the patient relief.

Such as would avoid this excruciating and dangerous diſeaſe, muſt take care never to be too long without a ſtool. Some who have died of it have had ſeveral pounds of hard dry fæces taken out of their guts. They ſhould likewiſe beware of eating too freely of four or unripe fruits, or drinking ſtale windy liquors, &c. We have known it brought on by living too much on baked fruits, which are ſeldom good.

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It likewiſe proceeds frequently from cold caught by wet clothes, &c. but eſpecially from wet feet.

OF THE COLIC.

THE colic has a great reſemblance to the two preceding diſeaſes, both in its ſymptoms and method of cure. It is generally attended with coſtiveneſs and acute pain of the bowels; and requires diluting diet, evacuations, fomentations, &c.

Colics are variouſly denominated according to their cauſes, as the flatulent, the bilious, the hyſteric, the nervous, &c. As each of theſe requires a particular method of treatment, we ſhall point out their moſt general ſymptoms, and the means to be uſed for their relief.

The flatulent or wind-colic, is generally occaſioned by an indiſcreet uſe of unripe fruits, meats of hard digeſtion, windy vegetables, fermenting liquors, and ſuch like. It may likewiſe proceed from an obſtructed perſpiration, or catching cold. Delicate people, whoſe digeſtive powers are weak, are moſt liable to this kind of colic.

The flatulent colic may either affect the ſtomach or inteſtines. It is attended with a painful ſtretching of the affected part. The patient feels a rumbling in his guts, and is generally relieved by a diſcharge of wind, either upwards or downwards. The pain is ſeldom confined to any particular part, as the vapour wanders from one diviſion of the bowels to another till it finds a vent.

When the diſeaſe proceeds from windy liquor, green fruit, ſour herbs, or the like, the beſt medicine on the firſt appearance of the ſymptoms is a dram of brandy, gin, or any good ſpirits. The patient ſhould likewiſe ſit with his feet upon a warm hearth-ſtone, or apply warm bricks to them; and warm cloths may be applied to his ſtomach and bowels.

This is the only colic wherein ardent ſpirits, ſpiceries, or any thing of a hot nature, may be ventured upon

upon. Nor indeed are they to be uſed here unleſs at the very beginning, before any ſymptoms of inflammation appear. We have reaſon to believe, that a colic occaſioned by wind or flatulent food might always be cured by ſpirits and warm liquors, if they were taken immediately upon perceiving the firſt uneaſineſs; but when the pain has continued for a conſiderable time, and there is reaſon to fear an inflammation of the bowels is already begun, all hot things are to be avoided as poiſon, and the patient is to be treated in the ſame manner as for the inflammation of the inteſtines.

Several kinds of food, as honey, eggs, &c. occaſion colics in ſome particular conſtitutions. We have generally found the beſt method of cure for theſe was to drink plentifully of ſmall diluting liquors, as water-gruel, ſmall poſſet, water with toaſted bread ſoaked in it, &c.

Colics which proceed from exceſs and indigeſtion generally cure themſelves by occaſioning vomiting or purging. Theſe diſcharges are by no means to be ſtopped, but promoted by drinking plentifully of warm water, or weak poſſet. When their violence is over, the patient may take a doſe of rhubarb, or any other gentle purge, to carry of the dregs of his debauch.

Colics which are occaſioned by wet feet, or catching cold, may generally be removed at the beginning, by bathing the feet and legs in warm water, and drinking ſuch warm diluting liquors as will promote the perſpiration, as weak wine-whey, or water-gruel, with a ſmall quantity of ſpirits in it.

Thoſe flatulent colics, which prevail ſo much among country people, might generally be prevented were they careful to change their clothes when they get wet. They ought likewiſe to take a dram, or to drink ſome warm liquor after eating any kind of green traſh, We do not mean to recommend the practice of dram-drinking, but in this caſe ardent ſpirits prove a real medicine, and indeed the beſt that can

can be adminiſtered. A glaſs of good peppermint-water will have nearly the ſame effect as a glaſs of brandy, and in ſome caſes is rather to be preferred.

The bilious colic is attended with very acute pains about the region of the navel. The patient complains of a great thirſt, and is generally coſtive. He vomits a hot, bitter, yellow-coloured bile, which being diſcharged, ſeems to afford ſome relief, but is quickly followed by the ſame violent pain as before. As the diſtemper advances, the propenſity to vomit ſometimes increaſes ſo as to become almoſt continual, and the proper motion of the inteſtines is ſo far perverted, that there are all the ſymptoms of an impending iliac paſſion.

If the patient be young and ſtrong, and the pulſe full and frequent, it will be proper to bleed, after which clyſters may be adminiſtered. Clear whey or gruel, ſharpened with the juice of lemon, or cream of tartar, muſt be drank freely. Small chicken-broth, with a little manna diſſolved in it, or a ſlight decoction of tamarinds, are likewiſe very proper, or any other thin, acid, opening liquor.

Beſides bleeding and plentiful dilution, it will be neceſſary to foment the belly with cloths dipped in warm water, and if this ſhould not ſucceed, the patient muſt be immerſed up to the breaſt in warm water.

In the bilious colic the vomiting is often very difficult to reſtrain. When this happens, the patient may drink a decoction of toaſted bread, or an infuſion of garden-mint in boiling water. Should theſe not have the deſired effect, the ſaline draught, with a few drops of laudanum in it, may be given, and repeated according to the urgency of the ſymptoms. A ſmall quantity of Venice treacle may be ſpread in form of a cataplaſm, and applied to the pit of the ſtomach. Clyſters, with a proper quantity of Venice treacle or liquid laudanum in them, may likewiſe be frequently adminiſtered.

The hyſteric colic bears a great reſemblance to the bilious. It is attended with acute pains about the region of the ſtomach, vomiting, &c. What the patient vomits in this caſe is commonly of a greeniſh colour. There is a great ſinking of the ſpirits, with dejection of mind and difficulty of breathing, which are the characteriſtic ſymptoms of this diſorder. Sometimes it is accompanied with the jaundice, but this generally goes off of its own accord in a few days.

In this colic all evacuations, as bleeding, purging, vomiting, &c. do hurt. Every thing that weakens the patient, or ſinks the ſpirits, is to be avoided. If however the vomiting ſhould prove violent, lukewarm water, or ſmall poſſet, may be drank to cleanſe the ſtomach. Afterwards the patient may take fifteen, twenty, or twenty-five drops of liquid laudanum in a glaſs of cinnamon-water. This may be repeated every ten or twelve hours till the ſymptoms abate.

The patient may likewiſe take four or five of the fœtid pills every ſix hours, and drink a cup of pennyroyal tea after them. If aſafœtida ſhould prove diſagreeable, which is ſometimes the caſe, a teaſpoonful of the tincture of caſtor in a cup of pennyroyal tea, or thirty or forty drops of the balſam of Peru dropped upon a bit of loaf-ſugar, may be taken in its ſtead. The anti-hyſteric plaſter may alſo be uſed, which has often a good effect.

The nervous colic prevails among miners, ſmelters of lead, plumbers, the manufacturers of white lead, &c. It is very common in the cyder counties of England, and is ſuppoſed to be occaſioned by the leaden veſſels uſed in preparing that liquor. It is likewiſe a frequent diſeaſe in the Weſt Indies, where it is termed the dry belly-ache.

No diſeaſe of the bowels is attended with more excruciating pain than this. Nor is it ſoon at an end. We have known it continue eight or ten days with very little intermiſſion, the body all the while continuing bound in ſpite of medicine, yet at length yield, and the

the patient recover. It generally however leaves the patient weak, and often ends in a palſy.

The general treatment of this diſeaſe is ſo nearly the ſame with that of the iliac paſſion, or inflammation of the guts, that we ſhall not inſiſt upon it. The body is to be opened by mild purgatives given in ſmall doſes, and frequently repeated, and their operation muſt be aſſiſted by ſoft oily clyſters, fomentations, &c. The caſtor oil is reckoned peculiarly proper in this diſeaſe. It may both be mixed with the clyſters and given by the mouth.

The Barbadoes tar is ſaid to be an efficacious medicine in this complaint. It may be taken to the quantity of two drams three times a-day, or oftener if the ſtomach will bear it. This tar mixed, with an equal quantity of ſtrong rum, is likewiſe proper for rubbing the ſpine, in caſe any tingling, or other ſymptoms of the palſy, are felt. When the tar cannot be obtained, the back may be rubbed with ſtrong ſpirits, or a little oil of nutmegs, or of roſemary.

If the patient remains weak and languid after this diſeaſe, he muſt take exerciſe on horſeback, and uſe an infuſion of the Peruvian bark in wine. When the diſeaſe ends in a palſy, the Bath waters are found to be extremely proper.

To avoid this kind of colic, people muſt ſhun all ſour fruits, acids, and auſtere liquors, &c. Thoſe who work in lead ought never to go to their buſineſs faſting, and their food ſhould be oily or fat. They make a glaſs of ſallad oil, with a little brandy or rum, every morning, but ſhould never take ſpirits alone. Liquid aliment is beſt for them; as fat broths, &c. but low living is bad. They ſhould frequently go a little out of the tainted air; and ſhould never ſuffer themſelves to be coſtive. In the Weſt Indies, and on the coaſt of Guinea, it has been found of great uſe, for preventing this colic, to wear a piece of flannel round the waiſt, and to drink an infuſion of ginger by way of tea.

Sundry other kinds of this diſeaſe might be mentioned, but too many diſtinctions would tend only to perplex the reader. Thoſe already mentioned are the moſt material, and ſhould indeed be attended to, as their treatment is very different. But even perſons who are not in a condition to diſtinguiſh very accurately in theſe matters, may nevertheleſs be of great ſervice to patients in colics of every kind, by only obſerving the following general rules, viz. To bathe the feet and legs in warm water; to apply bladders filled with warm water, or cloths wrung out of it, to the ſtomach and bowels; to make the patient drink freely of diluting mucilaginous liquors; and to give him an emollient clyſter every two or three hours. Should theſe not ſucceed, the patient ought to be immerſed in warm water.

CHAP.

CHAP. XXI.

Inflammation of the Kidneys.

THIS diſeaſe may proceed from any of thoſe cauſes which produce an inflammatory fever. It may likewiſe be occaſioned by wounds or bruiſes of the kidneys; ſmall ſtones or gravel lodging within them; by ſtrong diuretic medicines; as ſpirits of turpentine, tincture of cantharides, &c. Violent motion, as hard riding or walking, eſpecially in hot weather, or whatever drives the blood too forcibly into the kidneys, may occaſion this malady. It may likewiſe proceed from lying too ſoft, too much on the back, involuntary contractions, or ſpaſms, in the urinary veſſels, &c.

There is a ſharp pain about the region of the kidneys, with ſome degree of fever, and a ſtupor or dull pain in the thigh of the affected ſide. The urine is at firſt clear, and afterwards of a reddiſh colour; but in the worſt kind of the diſeaſe it generally continues pale, is paſſed with difficulty, and commonly in ſmall quantities at a time. The patient feels great uneaſineſs when he endeavours to walk or ſit upright. He lies with moſt eaſe on the affected ſide, and has generally a nauſea or vomiting, reſembling that which happens in the colic.

This diſeaſe however may be diſtinguiſhed from the colic by the pain being ſeated farther back, and by the difficulty of paſſing urine with which it is conſtantly attended.

Every thing of a heating or ſtimulating nature is to be avoided. The food muſt be thin and light; as panado, ſmall broths, with mild vegetable, and the like. Emollient and thin liquors muſt be plentifully drank; as clear whey, or balm-tea ſweetened with honey,

honey, decoctions of marſh-mallow roots, with barley and liquorice, &c. The patient, notwithſtanding the vomiting, muſt conſtantly keep ſipping ſmall quantities of theſe or other diluting liquors. Nothing ſo ſafely and certainly abates the inflammation, and expels the obſtructing cauſe, as copious dilution. The patient muſt be kept eaſy, quiet, and free from cold, as long as any ſymptoms of inflammation remain.

Bleeding is generally neceſſary, eſpecially at the beginning. Ten or twelve ounces may be let from the arm or foot with a lancet, and if the pain and inflammation continue, the operation may be repeated in twenty-four hours, eſpecially if the patient be of a full habit. Leeches may likewiſe be applied to the hæmorrhoidal veins, as a diſcharge from theſe will greatly relieve the patient.

Cloths dipped in warm water, or bladders filled with it, muſt be applied as near as poſſible to the part affected, and renewed as they grow cool. If the bladders be filled with a decoction of mallows and camomile flowers, to which a little ſaffron is added, and mixed with about a third part of new milk, it will be ſtill more beneficial.

Emollient clyſters ought frequently to be adminiſtered; and if theſe do not open the body, a little ſalt and honey or manna may be added to them.

The ſame courſe is to be followed where gravel or ſtone is lodged in the kidney, but when the gravel or ſtone is ſeparated from the kidney, and lodges in the Ureter, it will be proper, beſides the fomentations, to rub the ſmall of the back with ſweet oil, and to give gentle diuretics; as juniper-water ſweetened with the ſyrup of marſh-mallows: a tea-ſpoonful of the ſweet ſpirits of nitre, with a few drops of laudanum, may now and then be put in a cup of the patient's drink. He ought likewiſe to take exerciſe on horſeback, or in a carriage if he be able to bear it.

When the diſeaſe is protracted beyond the ſeventh or eighth day, and the patient complains of a ſtupor and

and heavineſs of the part, has frequent returns of chillneſs, ſhivering, &c. there is reaſon to ſuſpect that matter is forming in the kidney, and that an abſceſs will enſue.

When matter in the urine ſhews that an ulcer is already formed in the kindey, the patient muſt be careful to abſtain from all acrid, ſour, and ſalted proviſions; and to live chiefly upon mild mucilaginous herbs and fruits, together with the broth of young animals, made with barley, and common pot herbs, &c. His drink may be whey, and butter-milk that is not ſour. The latter is by ſome reckoned a ſpecific remedy in ulcers of the kidneys. To anſwer this character, however, it muſt be drank for a conſiderable time. Chalybeate waters have likewiſe been found beneficial in this diſeaſe. This medicine is eaſily obtained, as it is found in every part of Great Britain. It muſt likewiſe be uſed for a conſiderable time, in order to produce any ſalutary effects.

Thoſe who are liable to frequent returns of inflammation, or obſtructions of the kidneys, muſt abſtain from wines, eſpecially ſuch as abound with tartar; and their food ought to be light and of eaſy digeſtion. They ſhould uſe moderate exerciſe, and ſhould not lie too hot, nor too much on their back.

INFLAMMATION OF THE BLADDER.

The inflammation of the bladder proceeds, in a great meaſure, from the ſame cauſes as that of the kidneys. It is known by an acute pain towards the bottom of the belly, and difficulty of paſſing urine, with ſome degree of fever, a conſtant inclination to go to ſtool, and a perpetual deſire to make water.

This diſeaſe muſt be treated on the ſame principles as the one immediately preceding. The diet muſt be light and thin, and the drink of a cooling nature. Bleeding is very proper at the beginning, and in robuſt conſtitutions it will often be neceſſary to repeat it. The lower part of the belly ſhould be fomented with

with warm water, or a decoction of mild vegetables; and emollient clyſters ought frequently to be adminiſtered, &c.

The patient ſhould abſtain from every thing that is of a hot, acrid, and ſtimulating quality, and ſhould live entirely upon ſmall broths, gruels, or mild vegetables.

A ſtoppage of urine may proceed from other cauſes beſides an inflammation of the bladder; as a ſwelling of the hæmorrhoidal veins; hard fæces lodged in the rectum; a ſtone in the bladder; excreſcences in the urinary paſſages, a palſy of the bladder, hyſteric affections, &c. Each of theſe requires a particular treatment, which does not fall under our preſent conſideration. We ſhall only obſerve, that in all of them mild and gentle applications are the ſafeſt, as ſtrong diuretic medicines, or things of an irritating nature, generally increaſe the danger. We have known ſome perſons kill themſelves by introducing probes into the urinary paſſages, to remove, as they thought, ſomewhat that obſtructed the diſcharge of urine, and others bring on a violent inflammation of the bladder, by uſing ſtrong diuretics, as oil of turpentine, &c. for that purpoſe.

INFLAMMATION OF THE LIVER.

The liver is leſs ſubject to inflammation than moſt of the other viſcera, as in it the circulation is ſlower; but when an inflammation does happen, it is with difficulty removed, and often ends in a ſuppuration or ſcirrhus.

Beſides the common cauſes of inflammation, we may here reckon the following, viz. exceſſive fatneſs, a ſcirrhus of the liver itſelf, violent ſhocks from ſtrong vomits when the liver was before unſound, an aduſt or atrabiliarian ſtate of the blood, any thing that ſuddenly cools the liver after it has been greatly heated ſtones obſtructing the courſe of the bile, drinking ſtrong wines and ſpirituous liquors, uſing hot ſpicy aliment, obſtinate hypochondriacal affections, &c.

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This diſeaſe is known by a painful tenſion of the right ſide under the falſe ribs, attended with ſome degree of fever, a ſenſe of weight, or fulneſs of the part, difficulty of breathing, loathing of food, great thirſt, with a pale or yellowiſh colour of the ſkin and eyes.

The ſymptoms here are various, according to the particular part of the liver where the inflammation happens. Sometimes the pain is ſo inconſiderable, that an inflammation is not ſo much as ſuſpected; but when it happens in the upper or convex part of the liver, the pain is more acute, the pulſe quicker, and the patient is often troubled with a dry cough, a hiccup, and a pain extending to the ſhoulder, with difficulty of lying on the left ſide, &c.

This diſeaſe may be diſtinguiſhed from the pleuriſy by the pain being leſs violent, ſeated under the falſe ribs, the pulſe not ſo hard, and by the difficulty of lying on the left ſide. It may be diſtinguiſhed from the hyſteric and hypochondriac diſorders by the degree of fever with which it is always attended.

This diſeaſe, if properly treated, is ſeldom mortal. A conſtant hiccuping, violent fever, and exceſſive thirſt, are bad ſymptoms. If it ends in a ſuppuration, and the matter cannot be diſcharged outwardly, the danger is great. When the ſcirrhus of the liver enſues, the patient, if he obſerves a proper regimen, may nevertheleſs live a number of years tolerably eaſy; but if he indulge in animal food and ſtrong liquors, or take medicines of an acrid or irritating nature, the ſcirrhus will be converted into a cancer, which muſt infallibly prove fatal.

The ſame regimen is to be obſerved in this as in other inflammatory diſorders. All hot things are to be carefully avoided, and cool diluting liquors, as whey, barley-water, &c. drank freely. The food muſt be light and thin, and the body, as well as the mind, kept eaſy and quiet.

Bleeding is proper at the beginning of this diſeaſe, and it will often be neceſſary, even though the pulſe

ſhould not feel hard, to repeat it. All violent purgatives are to be avoided; the body however muſt be kept gently open. A decoction of tamarinds, with a little honey or manna, will anſwer this purpoſe very well. The ſide affected muſt be fomented in the manner directed in the foregoing diſeaſes. Mild laxative clyſters ſhould be frequently adminiſtered; and if the pain ſhould notwithſtanding continue violent, a bliſtering-plaſter may be applied over the part affected; or rather a plaſter made of gum ammoniac and vinegar of ſquills.

Medicines which promote the ſecretion of urine have a very good effect here. For this purpoſe half a dram of purified nitre, or a tea-ſpoonful of the ſweet ſpirits of nitre, may be taken in a cup of the patient's drink three or four times a-day.

When there is an inclination to ſweat, it ought to be promoted, but not by warm ſudorifics. The only thing to be uſed for that purpoſe is plenty of diluting liquors drank about the warmth of the human blood. Indeed the patient in this caſe, as well as in all other topical inflammations, ought to drink nothing that is colder than the blood.

If the ſtools ſhould be looſe, and even ſtreaked with blood, no means muſt be uſed to ſtop them, unleſs they be ſo frequent as to weaken the patient. Looſe ſtools often prove critical, and carry off the diſeaſe.

If an abſceſs or impoſthume is formed in the liver, all methods ſhould be tried to make it break and diſcharge itſelf outwardly, as fomentations, the application of poultices, ripening cataplaſms, &c. Sometimes indeed the matter of an abſceſs comes away in the urine, and ſometimes it is diſcharged by ſtool, but theſe are efforts of nature which no means can promote. When the abſceſs burſts into the cavity of the abdomen at large, death muſt enſue; nor will the event be more favourable when the abſceſs is opened by an inciſion, unleſs in caſes where the liver adheres to the peritonæum, ſo as to form a bag for the matter, and

and prevent it from falling into the cavity of the abdomen; in which caſe opening the abſceſs by a ſufficiently large inciſion will probably ſave the patient's life.

If the diſorder, in ſpite of all endeavours to the contrary, ſhould end in a ſcirrhus, the patient muſt be careful to regulate his diet, &c. in ſuch a manner as not to aggravate the diſeaſe. He muſt not indulge in fleſh, fiſh, ſtrong liquors, or any highly ſeaſoned or ſalted proviſions; but ſhould, for the moſt part, live on mild vegetables, as fruits and roots, taking gentle exerciſe, and drinking whey, barley-water, or butter-milk. If he takes any thing ſtronger, it ſhould be fine mild ale, which is leſs heating than wines or ſpirits.

We ſhall take no notice of inflammations of the other viſcera. They muſt in general be treated upon the ſame principles as thoſe already mentioned. The chief rule with reſpect to all of them is, to let blood, to avoid every thing that is ſtrong, or of a heating nature, to apply warm fomentations to the part affected, and to cauſe the patient to drink a ſufficient quantity of warm diluting liquors.

CHAP. XXII.

Of the Cholera Morbus, and other exceſſive diſcharges from the Stomach, and Bowels.

THE cholera morbus is a violent purging and vomiting, attended with gripes, ſickneſs, and a conſtant deſire to go to ſtool. It comes on ſuddenly, and is moſt common in autumn. There is hardly any diſeaſe that kills more quickly than this, when proper means are not uſed in due time for removing it.

It is occaſioned by a redundancy and putrid acrimony of the bile; cold; food that eaſily turns rancid or ſour on the ſtomach—as butter, bacon, ſweetmeats, cucumbers, melons, cherries, and other cold fruits. It is ſometimes the effect of ſtrong acrid purges or vomits, or of poiſonous ſubſtances taken into the ſtomach. It may likewiſe proceed from violent paſſions or affections of the mind—as fear, anger, &c.

It is generally preceded by the heart-burn, ſour belchings, and flatulencies, with pain of the ſtomach and inteſtines. To theſe ſucceed exceſſive vomiting and purging of green, yellow, or blackiſh coloured bile, with a diſtention of the ſtomach, and violent griping pains. There is likewiſe a great thirſt with a quick unequal pulſe, and often a fixed acute pain about the region of the navel. As the diſeaſe advances, the pulſe often ſinks ſo low as to become quite imperceptible, the extremities grow cold, or cramped, and are often covered with a clammy ſweat, the urine is obſtructed, and there is a palpitation of the heart. Violent hiccuping, fainting, and convulſions, are the ſigns of approaching death.

At the beginning of this diſeaſe, the efforts of nature to expel the offending cauſe ſhould be aſſiſted, by promoting the purging and vomiting. For this purpoſe the patient muſt drink freely of diluting liquors

liquors; as whey, butter-milk, warm water, thin water-gruel, ſmall poſſet, or, what is perhaps preferable to any of them, very weak chicken broth. This ſhould not only be drank plentifully to promote the vomiting, but a clyſter of it given every hour in order to promote the purging.

After theſe evacuations have been continued for ſome time, a decoction of toaſted oat-bread may be drank to ſtop the vomiting. The bread ſhould be toaſted till it is of a brown colour, and afterwards boiled in ſpring water. If oat-bread cannot be had, wheat-bread, or oat-meal, well toaſted, may be uſed in its ſtead. If this does not put a ſtop to the vomiting, two table-ſpoonfuls of the ſaline julep, with ten drops of laudanum, may be taken every hour till it ceaſes.

The vomiting and purging however ought never to be ſtopped too ſoon. As long as theſe diſcharges do not weaken the patient, they are ſalutary, and may be allowed to go on, or rather ought to be promoted. But when the patient is weakened by the evacuations, which may be known from the ſinking of his pulſe, &c. recourſe muſt immediately be had to opiates, as recommended above; to which may be added ſtrong wines, with ſpirituous cinnamon waters, and other generous cordials. Warm negus, or ſtrong wine whey, will likewiſe be neceſſary to ſupport the patient's ſpirits, and promote the perſpiration. His legs ſhould be bathed in warm water, and afterwards rubbed with flannel, or wrapped in blankets, and warm bricks applied to the ſoles of his feet. Flannels wrung out of warm ſpirituous fomentations ſhould likewiſe be applied to the ſtomach.

When the violence of the diſeaſe is over, to prevent a relapſe, it will be neceſſary for ſome time to continue the uſe of ſmall doſes of laudanum. Ten or twelve drops may be taken in a glaſs of wine, at leaſt twice a-day, for eight or ten days. The patient's food ought to be nouriſhing, but taken in ſmall quantities, and he ſhould uſe moderate exerciſe. As the ſtomach and

inteſtines

inteſtines are generally much weakened, an infuſion of bark and other bitters, in ſmall wine, ſharpened with the elixir of vitriol, may be drank for ſome time.

Though phyſicians are ſeldom called in due time in this diſeaſe, they ought not to deſpair of relieving the patient even in the moſt deſperate circumſtances. Of this we have a very ſtriking proof, from Dr. Buchan, in an old man and his ſon, who were both ſeized with it about the middle of the night. He ſays "I did not ſee them till next morning, when they had much more the appearance of dead than living men. No pulſe could be felt; the extremities were cold and rigid, the countenance was ghaſtly, and the ſtrength almoſt quite exhauſted. Yet from this deplorable condition they were both recovered by the uſe of opiates and cordial medicines."

OF A DIARRHŒA, OR LOOSENESS.

A looſeneſs, in many caſes, is not to be conſidered as a diſeaſe, but rather as a ſalutary evacuation. It ought therefore never to be ſtopped, unleſs when it continues too long, or evidently weakens the patient. As this however ſometimes happens, we ſhall point out the moſt common cauſes of a looſeneſs, with the proper method of treatment.

When a looſeneſs is occaſioned by catching cold, or an obſtructed perſpiration, the patient ought to keep warm, to drink freely of weak diluting liquors, to bathe his feet and legs frequently in lukewarm water, to wear flannel next his ſkin, and to take every other method to reſtore the perſpiration.

In a looſeneſs which proceeds from exceſs or repletion, a vomit is a proper medicine. Vomits not only cleanſe the ſtomach, but promote all the ſecretions, which renders them of great importance in carrying off a debauch. Half a dram of ipecacuanha in powder will anſwer this purpoſe very well. A day or two after the vomit, the ſame quantity of rhubarb may be taken,

taken, and repeated two or three times, if the looſeneſs continues. The patient ought to live upon light vegetable food of eaſy digeſtion, and to drink whey, thin gruel, or barley-water.

A looſeneſs occaſioned by the obſtruction of any cuſtomary evacuation, generally requires bleeding. If that does not ſucceed, other evacuations may be ſubſtituted in the room of thoſe which are obſtructed. At the ſame time, every method is to be taken to reſtore the uſual diſcharges, as not only the cure of the diſeaſe, but the patient's life, may depend on this.

A periodical looſeneſs ought never to be ſtopped. It is always an effort of nature to carry off ſome offending matter, which, if retained in the body, might have fatal effects. Children are very liable to this kind of looſeneſs, eſpecially while teething. It is, however, ſo far from being hurtful to them, that ſuch children generally get their teeth with leaſt trouble. If theſe looſe ſtools ſhould at any time prove ſour or griping, a tea-ſpoonful of magneſia alba, with four or five grains of rhubarb, may be given to a child in a little panado, or any other food. This, if repeated three or four times, will generally correct the acidity, and carry off the griping ſtools.

A looſeneſs which proceeds from violent paſſions or affections of the mind, muſt be treated with the greateſt caution. Vomits in this caſe are highly improper. Nor are purges ſafe, unleſs they be very mild, and given in ſmall quantities. Opiates, and other antiſpaſmodic medicines, are moſt proper. Ten or twelve drops of liquid laudanum may be given in a cup of valerian or penny-royal tea every eight or ten hours, till the ſymptoms abate. Eaſe, cheerfulneſs, and tranquillity of mind are here of the greateſt importance.

When it proceeds from acid or poiſonous ſubſtances taken into the ſtomach, the patient muſt drink large quantities of diluting liquors, with oil or fat broths, to promote vomiting or purging. Afterwards, if there be reaſon to ſuſpect that the bowels are inflamed

flamed, bleeding will be neceſſary. Small doſes of laudanum may likewiſe be taken to remove their irritation.

When the gout, repelled from the extremities occaſions a looſeneſs, it ought to be promoted by gentle doſes of rhubarb, or other mild purgatives. The gouty matter is likewiſe to be ſolicited towards the extremities by warm fomentations, cataplaſms, &c. The perſpiration ought at the ſame time to be promoted by warm diluting liquors; as wine-whey, with ſpirits of hartſhorn, or a few drops of liquid laudanum in it.

When a looſeneſs proceeds from worms, which may be known from the ſlimineſs of the ſtools, mixed with pieces of decayed worms, &c. medicines muſt be given to kill and carry off theſe vermin, as the powder of tin with purges of rhubarb and calomel. Afterwards lime-water, either alone, or with a ſmall quantity of rhubarb infuſed, will be proper to ſtrengthen the bowels, and prevent the new generation of worms.

A looſeneſs is often occaſioned by drinking bad water. When this is the caſe, the diſeaſe generally proves epidemical. When there is reaſon to believe that this or any other diſeaſe proceeds from the uſe of unwholeſome water, it ought immediately to be changed, or, if that cannot be done, it may be corrected by mixing with it quick lime, chalk, or the like.

In people whoſe ſtomachs are weak, violent exerciſe immediately after eating will occaſion a looſeneſs. Though the cure of this is obvious, yet it will be proper, beſides avoiding violent exerciſe, to uſe ſuch medicines as tend to brace and ſtrengthen the ſtomach, as infuſions of the bark with other bitter and aſtringent ingredients, in white wine. Such perſons ought likewiſe to take frequently a glaſs or two of old red port, or good claret.

From whatever cauſe a looſeneſs proceeds, when it is found neceſſary to check it, the diet ought to conſiſt

ſiſt of rice boiled with milk, and flavoured with cinnamon; rice-jelly, ſago with red port; and the lighter ſort of fleſh-meat roaſted. The drink may be thin water-gruel, rice-water, or weak broth made from lean veal, or with a ſheep's head, as being more gelatinous than mutton, beef, or chicken broth.

Perſons who, from a peculiar weakneſs, or too great an irritability of the bowels, are liable to frequent returns of this diſeaſe, ſhould live temperately, avoiding crude ſummer fruits, all unwholeſome foods, and meats of hard digeſtion. They ought likewiſe to beware of cold, moiſture, or whatever may obſtruct the perſpiration, and ſhould wear flannel next the ſkin. All violent paſſions, as fear, anger, &c. are likewiſe carefully to be guarded againſt.

OF VOMITING.

Vomiting may proceed from various cauſes; as exceſs in eating and drinking; foulneſs of the ſtomach; the acrimony of the aliments; a tranſlation of the morbific matter of ulcers, of the gout, the eryſipelas, or other diſeaſes, to the ſtomach. It may likewiſe proceed from a looſeneſs having been too ſuddenly ſtopped; from the ſtoppage of any cuſtomary evacuation, as the bleeding piles, the menſes, &c. from a weakneſs of the ſtomach, the colic, the iliac paſſion, a rupture, a fit of the gravel, worms; or from any kind of poiſon taken into the ſtomach. It is an uſual ſymptom of injuries done to the brain; as contuſions, comprehenſions, &c. It is likewiſe a ſymptom of wounds or inflammations of the diaphragm, inteſtines, ſpleen, liver, kidneys, &c.

Vomiting may be occaſioned by unuſual motions, as ſailing, being drawn backwards in a carriage, &c. It may likewiſe be excited by violent paſſions, or by the idea of nauſeous or diſagreeable objects, eſpecially of ſuch things as have formerly produced vomiting. Sometimes it proceeds from a regurgitation of the bile into the ſtomach; in this caſe what the patient

vomits is generally of a yellow or greeniſh colour, and has a bitter taſte. Perſons who are ſubject to nervous affections are often ſuddenly ſeized with violent fits of vomiting. Laſtly, vomiting is a common ſymptom of pregnancy. In this caſe it generally comes on about two weeks after the ſtoppage of the menſes, and continues during the firſt three or four months.

When vomiting proceeds from a foul ſtomach, or indigeſtion, it is not to be conſidered as a diſeaſe, but as the cure of a diſeaſe. It ought therefore to be promoted by drinking lukewarm water, or thin gruel. If this does not put a ſtop to the vomiting, a doſe of ipecacuanha may be taken, and worked off with weak camomile-tea.

When the retroceſſion of the gout, or the obſtruction of cuſtomary evacuations, occaſion vomiting, all means muſt be uſed to reſtore theſe diſcharges; or, if that cannot be affected, their place muſt be ſupplied by others, as bleeding, purging, bathing the extremites in warm water, opening iſſues, ſetons, perpetual bliſters, &c.

When vomiting is the effect of pregnancy, it may generally be mitigated by bleeding, and keeping the body gently open. The bleeding however ought to be in ſmall quantities at a time, and the purgatives ſhould be of the mildeſt kind, as figs, ſtewed prunes, manna, or ſenna. Pregnant women are moſt apt to vomit in the morning immediately after getting out of bed, which is owing partly to the change of poſture, but more to the emptineſs of the ſtomach. It may generally be prevented by taking a diſh of coffee, tea, or ſome light breakfaſt in bed. Pregnant women who are afflicted with vomiting ought to be kept eaſy both in body and mind. They ſhould neither allow their ſtomachs to be quite empty, nor ſhould they eat much at once. Cold water is a very proper drink in this caſe, if the ſtomach be weak, a little brandy may be added to it. If the ſpirits are low, and the perſon apt to faint, a ſpoonful of cinnamon-water, with

with a little marmalade of quinces or oranges, may be taken.

If vomiting proceeds from weakneſs of the ſtomach, bitters will be of ſervice. Peruvian bark infuſed in wine or brandy, with as much rhubarb as will keep the body gently open, is an excellent medicine in this caſe. The elixir of vitriol is alſo a good medicine. It may be taken in the doſe of fifteen or twenty drops, twice or thrice a-day, in a glaſs of wine or water. Habitual vomitings are ſometimes alleviated by making oyſters a principal part of diet.

A vomiting which proceeds from acidities in the ſtomach, is relieved by alkaline purges. The beſt medicine of this kind is the magneſia alba, a teaſpoonful of which may be taken in a diſh of tea or a little milk, three or four times a-day, or oftener if neceſſary, to keep the body open.

When vomiting proceeds from violont paſſions, or affections of the mind, all evacuants muſt be carefully avoided, eſpecially vomits. Theſe are exceedingly dangerous. The patient in this caſe ought to be kept perfectly eaſy and quiet, to have the mind ſoothed, and to take ſome gentle cordials, as negus, or a little brandy and water, to which a few drops of laudanum may occaſionally be added.

When vomiting proceeds from ſpaſmodic affections of the ſtomach, muſk, caſtor, and other antiſpaſmodic medicines, are of uſe. Warm and aromatic plaſters have likewiſe a good effect. The ſtomach-plaſter of the London or Edinburgh diſpenſatory may be applied to the pit of the ſtomach, or a plaſter of theriaca, which will anſwer rather better. Aromatic medicines may likewiſe be taken inwardly, as cinnamon or mint-tea, wine with ſpiceries boiled in it, &c. The region of the ſtomach may be rubbed with æther, or, if that cannot be had, with ſtrong brandy, or other ſpirits. The belly ſhould be fomented with warm water, or the patient immerſed up to the breaſt in a warm bath.

I have always found the ſaline draughts taken in the act of efferveſcence, of ſingular uſe in ſtopping a vomiting, from whatever cauſe it proceeded. Theſe may be prepared by diſſolving a dram of the ſalt of tartar, in an ounce and a half of freſh lemon-juice, and adding to it an ounce of peppermint-water, the ſame quantity of ſimple cinnamon-water, and a little white ſugar. This draught muſt be ſwallowed before the efferveſcence is quite over, and may be repeated every two hours, or oftener, if the vomiting be violent. A violent vomiting has ſometimes been ſtopped by cupping on the region of the ſtomach after all other means had failed.

As the leaſt motion will often bring on the vomiting again, even after it has been ſtopped, the patient muſt avoid all manner of action. The diet muſt be ſo regulated as to ſit eaſy upon the ſtomach, and nothing ſhould be taken that is hard of digeſtion. We do not however mean that the patient ſhould live entirely upon ſlops. Solid food, in this caſe, often ſits eaſier on the ſtomach than liquids.

CHAP.

CHAP. XXIII.

Of the Diabetes, and other diſorders of the Kidneys and Bladder.

THE diabetes is a frequent and exceſſive diſcharge of urine. It is ſeldom to be met with among young people; but often attacks perſons in the decline of life, eſpecially thoſe who follow the more violent employments, or have been hard drinkers in their youth.

A diabetes is often the conſequence of acute diſeaſes, as fevers, fluxes, &c. where the patient has ſuffered by exceſſive evacuations; it may alſo be occaſioned by great fatigue, as riding long journies upon a hard-trotting horſe, carrying heavy burdens, running &c. It may be brought on by hard drinking, or the uſe of ſtrong ſtimulating diuretic medicines, as tincture of cantharides, ſpirits of turpentine, and ſuch like. It is often the effect of drinking too great quantities of mineral waters. Many imagine that theſe will do them no ſervice unleſs they be drank in great quantities, by which miſtake it often happens that they occaſion worſe diſeaſes than thoſe they were intended to cure. In a word, this diſeaſe may either proceed from too great a laxity of the organs which ſecrete the urine, from ſomething that ſtimulates the kidneys too much, or from a thin diſſolved ſtate of the blood, which makes too great a quantity of it run off by the urinary paſſages.

In a diabetes, the urine generally exceeds in quantity all the liquid food which the patient takes. It is thin and pale, of a ſweetiſh taſte, and an agreeable ſmell. The patient has a continual thirſt, with ſome degree of fever; his mouth is dry, and he ſpits frequently a frothy ſpittle. The ſtrength fails, the appetite decays, and the fleſh waſtes away till the patient

tient is reduced to ſkin and bone. There is a heat of the bowels; and frequently the loins, teſticles, and feet are ſwelled.

This diſeaſe may generally be cured at the beginning; but after it has continued long, the cure becomes very difficult. In drunkards, and very old people, a perfect cure is not to be expected.

Every thing that ſtimulates the urinary paſſages, or tends to relax the habit, muſt be avoided. For this reaſon the patient ſhould live chiefly on ſolid food. His thirſt may be quenched with acids; as ſorrel, juice of lemon, or vinegar. The mucilaginous vegetables, as ri[illegible] and ſalop, with milk, are the moſt proper [illegible]. Of animal ſubſtances, theil-fiſh are to be preferred; as oyſters, crabs, &c.

The drink may be Briſtol-water. When that cannot be obtained, lime-water, in which a due proportion of oak-bark has been macerated, may be uſed. The white decoction, with iſinglaſs diſſolved in it, is likewiſe a very proper drink.

The patient ought daily to take exerciſe, but it ſhould be ſo gentle as not to fatigue him. He ſhould lie upon a hard bed or matraſs. Nothing hurts the kidneys more than lying too ſoft. A warm dry air, the uſe of the fleſh-bruſh, and every thing that promotes perſpiration, is of ſervice. For this reaſon the patient ought to wear flannel next his ſkin. A large ſtrengthening-plaſter may be applied to the back; or, what will anſwer better, a great part of the body may be wrapped in plaſter.

Gentle purges, if the patient be not too much weakened by the diſeaſe, have a good effect. They may conſiſt of rhubarb, with cardamam ſeeds, or any other ſpiceries, infuſed in wine, and may be taken in ſuch quantities as to keep the body gently open.

The patient muſt next have recourſe to aſtringents and corroborants. Half a dram of powder made of equal parts of allum and the inſpiſated juice, commonly called Terra Japonica, may be taken four times a-day, or oftener, if the ſtomach will bear it.

The

The allum muſt firſt be melted in a crucible; afterwards they may both be pounded together. Along with every doſe of this powder the patient may take a tea-cupful of the tincture of roſes.

If the patient's ſtomach cannot bear the allum in ſubſtance, whey may be made of it, and taken in the doſe of a tea-cupful three or four times a-day. The allum-whey is prepared by boiling two quarts of milk over a ſlow fire, with three drams of allum, till the curd ſeparates.

Opiates are of ſervice in this diſeaſe even though the patient reſts well. They take of ſpaſm and irritation, and at the ſame time leſſen the force of the circulation. Ten or twelve drops of liquid laudanum may be taken in a cup of the patient's drink three or four times a-day.

The beſt corroborants which we know, are the Peruvian bark and wine. A dram of bark may be taken in a glaſs of red port or claret three times a-day. The medicine will be both more efficacious and leſs diſagreeable, if fifteen or twenty drops of the acid elixir of vitriol be added to each doſe. Such as cannot take the bark in ſubſtance may uſe the decoction, mixed with an equal quantity of red wine, and ſharpened as above.

There is a diſeaſe incident to labouring people in the decline of life, called an Incontinency of Urine. But this is very different from a diabetes, as the water paſſes off involuntarily by drops, and does not exceed the uſual quantity. This diſeaſe is rather troubleſome than dangerous. It is owing to a relaxation of the ſphincter of the bladder, and is often the effect of a palſy. Sometimes it proceeds from hurts or injuries occaſioned by blows, bruiſes, preternatural labours, &c. Sometimes it is the effect of a fever. It may likewiſe be occaſioned by a long uſe of ſtrong diuretics, or of ſtimulating medicines injected into the bladder.

This diſeaſe may be mitigated by the uſe of aſtringent and corroborating medicines, ſuch as have been mentioned above; but it is ſeldom cured. In

In an incontinency of urine, from whatever cauſe, a piece of ſponge ought to be worn, or a bladder applied in ſuch a manner as to prevent the urine from galling and excoriating the parts. A bottle made of India rubber, anſwers this purpoſe beſt.

OF A SUPPRESSION OF URINE.

It has already been obſerved, that a ſuppreſſion of urine may proceed from various cauſes; as an inflammation of the kidneys or bladder; ſmall ſtones or gravel lodging in the urinary paſſages, hard fæces lying in the rectum, pregnancy, a ſpaſm or contraction of the neck of the bladder, clotted blood in the bladder itſelf, a ſwelling of the hæmorrhoidal veins, &c.

Some of theſe caſes require the catheter, both to remove the obſtructing matter, and to draw off the urine; but as this inſtrument can only be managed with ſafety by perſons ſkilled in ſurgery, we ſhall ſay nothing further of its uſe. A bougee may be uſed by any cautious hand, and will often ſucceed better than the catheter.

We would chiefly recommend in all obſtructions of urine, fomentations and evacuants. Bleeding, as far the patient's ſtrength will permit, is neceſſary, eſpecially where there are ſymptoms of topical inflammation. Bleeding in this caſe not only abates the fever, by leſſening the force of the circulation, but by relaxing the ſolids, it takes off the ſpaſm or ſtricture upon the veſſels, which occaſioned the obſtruction.

After bleeding, fomentations muſt be uſed. Theſe may either conſiſt of warm water alone, or of decoctions of mild vegetables—as mallows, camomile flowers, &c. Cloths dipped in theſe may either be applied to the part affected, or a large bladder filled with the decoction may be kept continually upon it. Some put the herbs themſelves into a flannel bag, and apply them to the part, which is far from being a bad method. Theſe continue longer warm than cloths dipped in the decoction, and at the ſame time keep the part equally moiſt.

In

In all obſtructions of urine, the body ought to be kept open. This is not, however, to be attempted by ſtrong purgatives, but by emollient clyſters, or gentle infuſions of ſenna and manna. Clyſters in this caſe not only open the body, but anſwer the purpoſe of an internal fomentation, and greatly aſſiſt in removing the ſpaſm of the bladder and parts adjacent.

The food muſt be light and taken in ſmall quantities. The drink may be weak broth, or decoctions and infuſions of mucilaginous vegetables, as marſh-mallow roots, lime-tree buds, &c. A tea-ſpoonful of the ſweet ſpirits of nitre, or a dram of Caſtile ſoap, may be frequently put into the patient's drink; and, if there be no inflammation, he may drink ſmall gin-punch.

Perſons ſubject to a ſuppreſſion of urine ought to live very temperate. Their diet ſhould be light, and their liquor diluting. They ſhould avoid all acids and auſtere wines, ſhould take ſufficient exerciſe, lie hard, and avoid ſtudy and ſedentary occupations.

OF THE GRAVEL AND STONE.

When ſmall ſtones are lodged in the kidneys, or diſcharged along with the urine, the patient is ſaid to be afflicted with the gravel. If one of theſe ſtones happens to make a lodgement in the bladder for ſome time, it accumulates freſh matter, and at length becomes too large to paſs off with the urine. In this caſe the patient is ſaid to have the ſtone.

The ſtone and gravel may be occaſioned by high living; the uſe of ſtrong aſtringent wines; a ſedentary life; lying too hot, ſoft, and too much on the back; the conſtant uſe of water impregnated with earthly or ſtony particles; aliments of an aſtringent or windy nature, &c. It may likewiſe proceed from an hereditary diſpoſition. Perſons in the decline of life, and thoſe who have been much afflicted with the gout and rheumatiſm, are moſt liable to it.

Small ſtones or gravel in the kidneys occaſion pain

in the loins, ſickneſs, vomiting, and ſometimes bloody urine. When the ſtone deſcends into the ureter, and is too large to paſs alone with eaſe, all the above ſymptoms are increaſed; the pain extends towards the bladder; the thigh and leg of the affected ſide are benumbed; the teſticles are drawn upwards, and the urine is obſtructed.

A ſtone in the bladder is known from a pain at the time, as well as before and after making water; from the urine coming away by drops, or ſtopping ſuddenly when it was running in a full ſtream; by a violent pain in the neck of the bladder upon motion, eſpecially on horſeback, or in a carriage on a rough road; from a white, thick, copious ſtinking mucous ſediment in the urine; from an itching in the top of the penis; from bloody urine; from an inclination to go to ſtool during the diſcharge of urine; from the patient's paſſing his urine more eaſily when lying than in an erect poſture; from a kind of convulſive motion occaſioned by ſharp pain in diſcharging the laſt drops of the urine; and laſtly, from ſounding or ſearching with the catheter.

Perſons afflicted with the gravel or ſtone ſhould avoid aliments of a windy or heating nature, as ſalt meats, ſour fruits, &c. Their diet ought chiefly to conſiſt of ſuch things as tend to promote the ſecretion of urine, and to keep the body open. Artichokes, aſparagus, ſpinnage, lettuce, parſley, purſlane, ſuccory, turnips, potatoes, carrots, and raddiſhes may be ſafely eaten. Onions, leeks, and cellary are, in this caſe, reckoned medicinal. The moſt proper drinks are whey, butter-milk, milk and water, barley-water; decoctions or infuſions of the roots of marſh-mallows, parſley, liquorice, or of other mild mucilaginous vegetables, as linſeed, lime-tree buds or leaves, &c. If the patient has been accuſtomed to generous liquors, he may drink gin and water not too ſtrong.

Gentle exerciſe is proper; but violent motion is apt to occaſion bloody urine. We would therefore adviſe that it ſhould be taken in moderation. Perſons afflicted

afflicted with the gravel often pafs a great number of ftones after riding on horfeback, or in a carriage; but thofe who have a ftone in the bladder are feldom able to bear thefe kinds of exercife. Where there is an hereditary tendency to this difeafe, a fedentary life ought never to be indulged. Were people careful, upon the firft fymptoms of gravel, to obferve a proper regimen of diet, it might often be carried off, or at leaft prevented from increafing; but if the fame courfe which occafioned the difeafe is perfifted in, it muft be aggravated.

In what is called a fit of the gravel, which is commonly occafioned by a ftone fticking in the ureter or fome part of the urinary paffages, the patient muft be bled, warm fomentations fhould likewife be applied to the part affected, emollient clyfters adminiftered, and diluting mucilaginous liquors drank, &c. The treatment of this cafe has been fully pointed out under the articles, Inflammation of the kidneys and bladder, to which we refer.

Dr. Whyte advifes patients who are fubject to frequent fits of gravel in the kidneys, but have no ftone in the bladder, to drink every morning, two or three hours before breakfaft, a pint of oyfter or cockle-fhell lime-water. The doctor very juftly obferves, that though this quantity might be too fmall to have any fenfible effect in diffolving a ftone in the bladder, yet it may very probably prevent its growth.

When a ftone is formed in the bladder, the doctor recommends Alicant foap, and oyfter or cockle-fhell lime-water, to be taken in the following manner:— The patient muft fwallow every day, in any form that is leaft difagreeable, an ounce of the internal part of Alicant foap, and drink three or four pints of oyfter or cockle fhell lime-water: divide the foap into three dofes; the largeft to be taken in the morning early, the fecond at noon, and the third at feven in the evening; drinking above each dofe a large draught of the lime-water; the remainder of which he may take any time betwixt dinner and fupper, inftead of other liquors.

The patient ſhould begin with a ſmaller quantity of the lime-water and ſoap than that mentioned above; at firſt a pint of the former, and three drams of the latter may be taken daily. This quantity, however, he may increaſe by degrees, and ought to perſevere in the uſe of theſe medicines, eſpecially if he finds any abatement of his complaints, for ſeveral months; nay, if the ſtone be very large, for years. It may likewiſe be proper for the patient, if he be ſeverely pained, not only to begin with the ſoap and lime-water in ſmall quantities, but to take the ſecond or third lime-water inſtead of the firſt. However, after he has been for ſome time accuſtomed to theſe medicines, he may take not only the firſt water, but if he finds he can eaſily bear it, heighten its diſſolving power ſtill more by pouring it a ſecond time on freſh calcined ſhells.

The cauſtic alkali, or ſoap lees, is the medicine chiefly in vogue at preſent for the ſtone. It is of a very acrid nature, and ought therefore to be given in ſome gelatinous or mucilaginous liquor; as veal-broth, new milk, linſeed-tea, a ſolution of gum-arabic, or a decoction of marſh-mallow roots. The patient muſt begin with ſmall doſes of the lees, as thirty or forty drops, and increaſe by degrees, as far as the ſtomach can bear it.

The cauſtic alkali may be prepared by mixing two parts of quick-lime with one of pot-aſhes, and ſuffering them to ſtand till the lixivium be formed, which muſt be carefully filtrated before it be uſed. If the ſolution does not happen readily, a ſmall quantity of water may be added to the mixture.

Though the ſoap-lees and lime-water are the moſt powerful medicines which have hitherto been diſcovered for the ſtone; yet there are ſome things of a more ſimple nature, which in certain caſes are found to be beneficial, and therefore deſerve a trial. An infuſion of the ſeeds of daucus ſylveſtris, or wild carrot, ſweetened with honey, has been found to give conſiderable eaſe in caſes where the ſtomach could not

not bear any thing of an acrid nature. A decoction of raw coffee-berries taken morning and evening, to the quantity of eight or ten ounces, with ten drops of ſweet ſpirits of nitre, has likewiſe been found very efficacious in bringing away large quantities of earthy matter in flakes. Honey is likewiſe found to be of conſiderable ſervice, and may be taken in gruel, or in any other form that is more agreeable.

The only other medicine which we ſhall mention is the uva urſi. It has been greatly extolled of late for the gravel and ſtone. It ſeems, however, to be in all reſpects inferior to the ſoap and lime-water; but it is leſs diſagreeable, and has been known frequently to relieve gravelly complaints. It is generally taken in powder from half a dram to a whole dram, two or three times a-day. It may, however, be taken to the quantity of ſeven or eight drams a-day, with great ſafety and good effect.

CHAP.

CHAP. XXIV.

Of involuntary diſcharges of blood.

SPONTANEOUS or involuntary diſcharges of blood often happen from various parts of the body. Theſe however are ſo far from being always dangerous, that they often prove ſalutary. When ſuch diſcharges are critical, which is frequently the caſe in fevers, they ought not to be ſtopped. Nor indeed is it proper at any time to ſtop them, unleſs they may be ſo great as to endanger the patient's life. Moſt people, afraid of the ſmalleſt diſcharges of blood from any part of the body, fly immediately to the uſe of ſtyptic and aſtringent medicines, by which means an inflammation of the brain, or ſome other fatal diſeaſe, is occaſioned, which, had the diſcharge been allowed to go on, might have been prevented.

Periodical diſcharges of blood, from whatever part of the body they proceed, muſt not be ſtopped. They are always the efforts of nature to relieve herſelf; and fatal diſeaſes have often been the conſequence of obſtructing them. It may indeed be ſometimes neceſſary to check the violence of ſuch diſcharges; but even this requires the greateſt caution. Inſtances might be given where the ſtopping of a ſmall periodical flux of blood, from one of the fingers, has proved fatal to the health.

Bleeding at the noſe is very common to youth. Thoſe who are further advanced in years are more liable to hæmoptoe, or diſcharge of blood from the lungs. After the middle period of life, hæmorrhoidal fluxes are moſt common; and in the decline of life, diſcharges of blood from the urinary paſſages.

Involuntary fluxes of blood may proceed from very different, and often quite oppoſite cauſes. Sometimes they are owing to a particular conſtruction of the

the body, as a ſanguine temperament, a laxity of the veſſels, a plethoric habit, &c. At other times they proceed from a determination of the blood towards one particular part, as the head, the hæmorrhoidal veins, &c. They may likewiſe proceed from an inflammatory diſpoſition of the blood, in which caſe there is generally ſome degree of fever; this alſo happens when the flux is occaſioned by an obſtructed perſpiration, or a ſtricture upon the ſkin, the bowels, or any particular part of the ſyſtem.

But a diſſolved ſtate of the blood will likewiſe occaſion hæmorrhages. Thus, in putrid fevers, the dyſentery, the ſcurvy, the malignant ſmall-pox, &c. there are often very great diſcharges of blood from different parts of the body. They may likewiſe be brought on by too liberal uſe of medicines, which tend to diſſolve the blood, as cantharides, the volatile alkaline ſalts, &c. Food of an acrid or irritating quality may likewiſe occaſion hæmorrhages; as alſo ſtrong purges and vomits, or any thing that greatly ſtimulates the bowels.

Violent paſſions or agitations of the mind will alſo have this effect. Theſe often cauſe bleeding at the noſe, and ſometimes occaſion an hæmorrhage of the brain. Violent efforts of the body, by overſtraining or hurting the veſſels, may have the ſame effect, eſpecially when the body is long kept in an unnatural poſture, as hanging the head very low, &c.

The cure of an hæmorrhage muſt be adapted to its cauſe. When it proceeds from too much blood, or a tendency to inflammation, bleeding, with gentle purges and other evacuations, will be neceſſary. It will likewiſe be proper for the patient in this caſe to live chiefly upon a vegetable diet, to avoid all ſtrong liquors, and food that is of an acrid, hot, or ſtimulating quality. The body ſhould be kept cool and the mind eaſy.

When an hæmorrhage is owing to a putrid or diſſolved ſtate the blood, the patient ought to live chiefly upon acid fruits with milk, and vegetables of a nouriſhing

riſhing nature, as ſago, ſalop, &c. His drink may be wine diluted with water, and ſharpened with the juice of lemon, vinegar, or ſpirits of vitriol. The beſt medicine in this caſe is the Peruvian bark, which may be taken accordiug to the urgency of the ſymptoms,

When a flux of blood is the effect of acrid food, or of ſtrong ſtimulating medicines, the cure is to be effected by ſoft and mucilaginous diet. The patient may alſo take frequently about the bulk of a nutmeg of Locatelli's balſam, or the ſame quantity of ſpermaceti.

When an obſtructed perſpiration, or a ſtricture upon any part of the ſyſtem, is the cauſe of an hæmorrhage, it may be removed by drinking warm diluting liquors, lying a-bed, bathing the extremeties in warm water, &c,

BLEEDING AT THE NOSE.

Bleeding at the noſe is commonly preceded by ſome degree of quickneſs of the pulſe, fluſhing in the face, pulſation of the temporal arteries, heavineſs in the head, dimneſs of the ſight, heat and itching of the noſtrils, &c.

To perſons who abound with blood, this diſcharge is very ſalutary. It often cures a vertigo, the headach, a phrenzy, and even an epilepſy. In fevers where there is a great determination of blood towards the head, it is of the utmoſt ſervice. It is likewiſe beneficial in inflammations of the liver and ſpleen, and often in the gout and rheumatiſm. In all diſeaſes where bleeding is neceſſary, a ſpontaneous diſcharge of blood from the noſe is of much more ſervice than the ſame quantity let with the lancet.

In a diſcharge of blood from the noſe, the great point is to determine whether it ought to be ſtopped or not. It is a common practice to ſtop bleeding, without conſidering whether it be a diſeaſe, or the cure of a diſeaſe. This conduct proceeds from fear; but it has often bad and ſometimes fatal effects. When

When a diſcharge of blood from the noſe happens in an inflammatory diſeaſe, there is always reaſon to believe that it may prove ſalutary; and therefore it ſhould be ſuffered to go on, at leaſt as long as the patient is not weaken by it.

When it happens to perſons in perfect health, who are full of blood, it ought not to be ſuddenly ſtopped, eſpecially if the ſymptoms of plethora, mentioned above, have preceded it. In this caſe it cannot be ſtopped without riſking the patient's life.

In fine, whenever bleeding at the noſe relieves any bad ſymptom, and does not proceed ſo far as to endanger the patient's life, it ought not to be ſtopped. But when it returns frequently, or continues till the pulſe becomes low, the extremites begin to grow cold, the lips pale, or the patient complains of being ſick or faint, it muſt immediately be ſtopped.

For this purpoſe the patient ſhould be ſet nearly upright, with his head reclining a little, and his legs immerſed in water about the warmth of new milk. His hands ought likewiſe to be put in lukewarm water, and his garters may be tied a little tighter than uſual. Ligatures may be applied to the arms, about the place where they are uſually made for bleeding, and with nearly the ſame degree of tightneſs. Theſe muſt be gradually ſlackened as the blood begins to ſtop, and removed entirely as ſoon as it gives over.

Sometimes dry lint put up the noſtrils will ſtop the bleeding. When this does not ſucceed, doſſils of lint dipped in ſtrong ſpirits of wine may be put up the noſtrils, or if that cannot be had, they may be dipped in brandy. Blue vitriol diſſolved in water may likewiſe be uſed for this purpoſe, or a tent dipped in the white of an egg well bet up, may be rolled in a powder made of equal parts of white ſugar, burnt allum, and white vitriol, and put up the noſtril from whence the blood iſſues.

Internal medicines can hardly be of uſe here, as they have ſeldom time to operate. It may not however be amiſs to give the patient half an ounce of Glauber's

ſalt, and the ſame quantity of manna, diſſolved in four or five ounces of barley-water. This may be taken at a draught, and repeated if it does not operate in a few hours. Ten or twelve grains of nitre may be taken in a glaſs of cold water and vinegar every hour, or oftener if the ſtomach will bear it. If a ſtronger medicine be neceſſary, a tea-cupful of the tincture of roſes, with twenty or thirty drops of the weak ſpirit of vitriol, may be taken every hour. When theſe things cannot be had, the patent may drink water, with a little common ſalt in it, or equal parts of water and vinegar.

From ten to twenty drops of the oil of turpentine in a little water given frequently; or, if the genitals be immerſed for ſome time in cold water, ſeldom fail to ſtop a bleed at the noſe, or from any other part.

Sometimes, when the bleeding is ſtopped outwardly, it continues inwardly. This is very troubleſome, and requires particular attention, as the patient is apt to be ſuffocated with the blood, eſpecially if he falls aſleep, which he is very ready to do after loſing a great quantity of blood.

When the patient is in danger of ſuffocation from the blood getting into his throat, the paſſage may be ſtopped by drawing threads up the noſtrils, and bringing them out at the mouth, then faſtening pieces of ſponge, or ſmall rolls of linen cloth to their ends, afterwards drawing them back, and tying them on the outſide with a ſufficient degree of tightneſs.

After the bleeding is ſtopped the patient ought to be kept as eaſy and quiet as poſſible. He ſhould not pick his noſe, nor take away the tents or clotted blood, till they fall off of their own accord, and ſhould not lie with his head low.

Thoſe who are affected with frequent bleeding at the noſe, ought to bathe their feet often in warm water, and to keep them warm and dry. They ought to wear nothing tight about their necks, to keep their bodies as much in an erect poſture as poſſible, and never to view any object obliquely. If they have too much blood, a vegetable diet, with now and then a cooling purge, is the ſafeſt way to leſſen it. But

But when the diſeaſe proceeds from a thin diſſolved ſtate of the blood, the diet ſhould be rich and nouriſhing; as ſtrong broths and jellies, ſago-gruel with wine and ſugar, &c. Infuſions of the Peruvian bark in wine ought likewiſe to be taken and perſiſted in for a conſiderable time.

OF THE BLEEDING AND BLIND PILES.

A diſcharge of blood from the hæmorrhoidal veſſels is called the bleeding piles. When the veſſels only ſwell, and diſcharge no blood, but are exceeding painful, the diſeaſe is called the blind piles.

Perſons of a looſe ſpongy fibre, of a bulky ſize, who live high, and lead a ſedentary, inactive life, are moſt ſubject to this diſeaſe. It is often owing to an hereditary diſpoſition. Where this is the caſe, it attacks perſons more early in life than when it is accidental. Men are more liable to it than women, eſpecially thoſe of a ſanguine, plethoric, or a ſcorbutic habit, or of a melancholy diſpoſition.

The piles may be occaſioned by an exceſs of blood, by ſtrong aloetic purges, high ſeaſoned food, drinking great quantities of ſweet wines, the neglect of bleeding, or other cuſtomary evacuations, much riding, great coſtiveneſs, or any thing that occaſions hard or difficult ſtools. Anger, grief, or other violent paſſions, will alſo cauſe the piles. They are often brought on by ſitting on the damp ground. Thin breeches will excite the diſeaſe in a perſon who is ſubject to it, and ſometimes even in thoſe who never had it before. Pregnant women are often afflicted with the piles.

A flux of blood from the anus is not always to be treated as a diſeaſe. It is even more ſalutary than bleeding at the noſe, and often prevents or carries off diſeaſes. It is peculiarly beneficial in the gout, rheumatiſm, aſthma, and hypochondriacal complaints, and frequently proves critical in colics, and inflammatory fevers.

In the management of the patient, regard muſt be

had to his habit of body, his age, ſtrength, and manner of living. A diſcharge which might be exceſſive and prove hurtful to one, may be very moderate, and even ſalutary to another. That only is to be eſteemed dangerous, which continues too long, and is in ſuch quantity as to waſte the patient's ſtrength, hurt the digeſtion, nutrition, and other functions neceſſary to life.

When this is the caſe, the diſcharge muſt be checked by a proper regimen, and aſtringent medicines. The DIET muſt be cool but nouriſhing—conſiſting chiefly of bread, milk, cooling vegetables, and broths. The drink may be chalybeate water, orange-whey, decoctions or infuſions of the aſtringent and mucilaginous plants, as the tormentil roots, biſtort, marſhmallow-roots, &c.

Old conſerve of red roſes is a very good medicine in this caſe. It may be mixed with new milk, and taken in the quantity of an ounce three or four times a-day. This medicine is in no great repute, owing to its being ſeldom taken in ſuch quantity as to produce any effects; but when taken as here directed, and duly perſiſted in it has performed very extraordinary cures in violent hæmorrhages, eſpecially when aſſiſted by the tincture of roſes; a tea-cupful of which may be taken about an hour after every doſe of the conſerve.

The Peruvian bark is likewiſe proper in this caſe, both as a ſtrengthener and aſtringent. Half a dram of it may be taken in a glaſs of red wine, ſharpened with a few drops of the elixir of vitriol, three or four times a-day.

The bleeding piles are ſometimes periodical, and return regularly once in three or four weeks. In this caſe they are always to be conſidered as a ſalutary diſcharge, and by no means to be ſtopped. Some have entirely ruined their health by ſtopping a periodical diſcharge of blood from the hæmorrhoidal veins.

In the blind piles bleeding is generally of uſe. The diet muſt be light and thin, and the drink cool and diluting. It is likewiſe neceſſary that the body be kept

kept gently open. This may be done by ſmall doſes of the flowers of brimſtone and cream of tartar. Theſe may be mixed in equal quantities, and a tea-ſpoonful taken two or three times a-day, or oftener if neceſſary. Or, an ounce of the flowers of brimſtone and half an ounce of purified nitre may be mixed with three or four ounces of the lenitive electuary, and a tea-ſpoonful of it taken three or four times a-day.

Emollient clyſters are likewiſe beneficial; but there is ſometimes ſuch an aſtriction of the anus, that they cannot be thrown up. In this caſe a vomit may have a very good effect.

When the piles are exceeding painful and ſwelled, but diſcharge nothing, the patient muſt ſit over the ſteam of warm water. He may alſo apply a linen cloth dipped in warm ſpirits of wine to the part, or poultices made of bread and milk, or of leeks fried with butter. If theſe do not produce a diſcharge, and the piles appear large, leeches muſt be applied as near to them as poſſible, or if they will fix upon the piles themſelves, ſo much the better. When leeches will not fix, the piles may be opened with a lancet. The operation is very eaſy and attended with no danger.

Various ointments, and other external applications, are recommended for the piles, but they ſeldom have any effects worth mentioning. Their principal uſe is to keep the part moiſt, which may be done as well by a ſoft poultice, or an emollient cataplaſm. When the pain however is very great, a liniment made of two ounces of emollient ointment, and half an ounce of liquid laudanum, beat up with the yolk of an egg, may be applied.

CHAP.

CHAP. XXV.

Spitting of blood.

WE mean here to treat of that diſcharge of blood from the lungs that is called an hæmoptoe, or ſpitting of blood. Perſons of a ſlender make, and a lax fibre, who have long necks and ſtrait breaſts, are moſt liable to this diſeaſe. It is moſt common in the ſpring, and generally attacks people before they arrive at the prime or middle period of life. It is a common obſervation, that thoſe who have been ſubject to bleeding at the noſe when young, are afterwards moſt liable to an hæmoptoe.

An hæmoptoe may proceed from exceſs of blood, from a peculiar weakneſs of the lungs, or a bad conformation of the breaſt. It is often occaſioned by exceſſive drinking, running, wreſtling, ſinging, or ſpeaking aloud. Such as have weak lungs ought to avoid all violent exertions of that organ, as they value life. They ſhould likewiſe guard againſt violent paſſions, exceſſive drinking, and every thing that occaſions a rapid circulation of the blood.

This diſeaſe may likewiſe proceed from wounds of the lungs. Theſe may either be received from without, or they may be occaſioned by hard bodies getting into the wind-pipe, and ſo falling down upon the lungs, and hurting that tender organ. The obſtruction of any cuſtomary evacuation may occaſion a ſpitting of blood; as neglect of bleeding or purging at the uſual ſeaſons, the ſtoppage of the bleeding piles in men, or the menſes in women, &c. It may likewiſe proceed from a polypus, ſcirrhous concretions, or any thing that obſtructs the circulation of the blood in the lungs. It is often the effect of a long and violent cough; in which caſe it is generally the forerunner of a conſumption. A violent degree of cold ſuddenly applied

plied to the external parts of the body will occaſion an hæmoptoe. It may likewiſe be occaſioned by breathing air which is too much rarefied to be able properly to expand the lungs. This is often the caſe with thoſe who work in hot places, as furnaces, glaſs-houſes, or the like. It is likewiſe ſaid to happen to ſuch as aſcend to the top of very high mountains, as the Peak of Teneriff, &c.

Spitting of blood is not always to be conſidered as a primary diſeaſe. It is often only a ſymptom, and in ſome diſeaſes not an unfavourable one. This is the caſe in pleuriſies, peripneumonies, and ſundry other fevers. In a dropſy, ſcurvy, or conſumption, it is a bad ſymptom, and ſhews that the lungs are ulcerated.

Spitting of blood is generally preceded by a ſenſe of weight, and oppreſſion of the breaſt, a dry tickling cough, hoarſeneſs, and a difficulty of breathing. Sometimes it is uſhered in with ſhivering coldneſs of the extremities, coſtiveneſs, great laſſitude, flatulence, pain of the back and loins, &c. As theſe ſhew a general ſtricture upon the veſſels, and a tendency of the blood to inflammation, they are commonly the forerunners of a very copious diſcharge. The above ſymptoms do not attend a diſcharge of blood from the gums or fauces, by which means theſe may always be diſtinguiſhed from an hæmoptoe. Sometimes the blood that is ſpit up is thin, and of a florid red colour; and at other times it is thick, and of a dark or blackiſh colour; nothing however can be inferred from this circumſtance, but that the blood has lain a longer or ſhorter time in the breaſt before it was diſcharged.

Spitting of blood, in a ſtrong healthy perſon, of a ſound conſtitution, is not very dangerous; but when it attacks the tender and delicate, or perſons of weak lax fibre, it is with difficulty removed. When it proceeds from a ſcirrhus or polypus of the lungs, it is bad. The danger is greater when the diſcharge proceeds from the rupture of a large veſſel than of a ſmall one. When the extravaſated blood is not ſpit up, but lodges in the breaſt, it corrupts, and greatly encreaſes the

the danger. When the blood proceeds from an ulcer in the lungs, it is generally fatal.

The patient ought to be kept cool and eaſy. Every thing that heats the body or quickens the circulation, increaſes the danger. The mind ought likewiſe to be ſoothed, and every occaſion of exciting the paſſions avoided. The diet ſhould be ſoft, cooling, and ſlender; as rice boiled with milk, ſmall broths, barley-gruels, panado, &c. The diet, in this caſe, can ſcarce be too low. Even water-gruel is ſufficient to ſupport the patient for ſome days. All ſtrong liquors muſt be avoided. The patient may drink milk and water, barley-water, whey, butter-milk, and ſuch like. Every thing however ſhould be drank cold, and in ſmall quantities at a time. He ſhould obſerve the ſtricteſt ſilence, or at leaſt ſpeak with a very low voice.

This, like the other involuntary diſcharges of blood, ought not to be ſuddenly ſtopped by aſtringent medicines. More miſchief is often done by theſe than if it were ſuffered to go on. It may however proceed ſo far as to weaken the patient, and even endanger his life; in which caſe proper means muſt be uſed for reſtraining it.

The body ſhould be kept gently open by laxative diet; as roaſted apples, ſtewed prunes, and ſuch like. If theſe ſhould not have the deſired effect, a teaſpoonful of the lenitive electuary may be taken twice or thrice a-day, as is found neceſſary. If the bleeding proves violent, ligatures may be applied to the extremities, as directed for a bleeding at the noſe.

If the patient be hot or feveriſh, bleeding and ſmall doſes of nitre will be of uſe; a ſcruple or half a dram of nitre may be taken in a cup of his ordinary drink twice or thrice a-day. His drink may likewiſe be ſharpened with acids, as juice of lemon, or a few drops of the ſpirit of vitriol; or he may take frequently a cup of the tincture of roſes.

Bathing the feet and legs in lukewarm water has likewiſe a very good effect in this diſeaſe. Opiates too

too are ſometimes beneficial; but theſe muſt be adminiſtered with caution. Ten or twelve drops of laudanum may be given in a cup of barley-water twice a-day, and continued for ſome time, provided they be found beneficial.

The conſerve of roſes is likewiſe a very good medicine in this caſe, provided it be taken in ſufficient quantity, and long enough perſiſted in. It may be taken to the quantity of three or four ounces a-day; and, if the patient be troubled with a cough, it ſhould be made into an electuary with balſamic ſyrup, and a little of the ſyrup of poppies.

If ſtronger aſtringents be neceſſary, fifteen or twenty drops of the elixir of vitriol may be given in a glaſs of water three or four times a-day.

Thoſe who are ſubject to frequent returns of this diſeaſe ſhould avoid all exceſs. Their diet ſhould be light and cool, conſiſting chiefly of milk and vegetables. Above all, let them beware of vigorous efforts of the body, and violent agitations of the mind.

VOMITING OF BLOOD

Is not ſo common as the other diſcharges of blood which have already been mentioned; but it is very dangerous, and requires particular attention.

Vomiting of blood is generally preceded by pain of the ſtomach, ſickneſs, and nauſea; and is accompanied with great anxiety, and frequent fainting fits.

This diſeaſe is ſometimes periodical; in which caſe it is leſs dangerous. It often proceeds from an obſtruction of the menſes in women; and ſometimes from the ſtopping of the hæmorrhoidal flux in men. It may be occaſioned by any thing that greatly ſtimulates or wounds the ſtomach, as ſtrong vomits or purges, acrid poiſons, ſharp or hard ſubſtances taken into the ſtomach, &c. It is often the effect of obſtructions in the liver, the ſpeen, or ſome of the other viſcera. It may likewiſe proceed from external violence, as blows or bruiſes, or from any of the cauſes which produce in-

flamation. In hyſteric women, vomiting of blood is a very common, but by no means a dangerous ſymptom.

A great part of the danger in this diſeaſe ariſes from the extravaſated blood lodging in the bowels, and becoming putrid, by which means a dyſentery or putrid fever may be occaſioned. The beſt way of preventing this, is to keep the body gently open, by frequently giving emollient clyſters. Purges muſt not be given till the diſcharge is ſtopt, otherwiſe they will irritate the ſtomach, and increaſe the diſorder. All the food and drink muſt be of a mild cooling nature, and taken in ſmall quantities. Even drinking cold water has ſometimes proved a remedy, but it will ſucceed better when ſharpened with the weak ſpirits of vitriol. When there are ſigns of an inflammation, bleeding may be neceſſary; but the patient's weakneſs will ſeldom permit it. Opiates may be of uſe; but they muſt be given in very ſmall doſes, as four or five drops of liquid laudanum twice or thrice a-day.

After a diſcharge is over, as the patient is generally troubled with gripes, occaſioned by the acrimony of the blood lodged in the inteſtines, gentle purges will be neceſſary.

BLOODY URINE

Is a diſcharge of blood from the veſſels of the kidneys or bladder, occaſioned by their being either enlarged, broken, or eroded. It is more or leſs dangerous according to the different circumſtances which attend it.

When pure blood is voided ſuddenly without interruption or pain, it proceeds from the kidneys; but if the blood be in ſmall quantity, of a dark colour, and emitted with heat and pain about the bottom of the belly, it proceeds from the bladder. When bloody urine is occaſioned by a rough ſtone deſcending from the kidneys to the bladder, which wounds the ureters, it is attended with a ſharp pain in the back, and difficulty

ficulty of making water. If the coats of the bladder are hurt by a ſtone, and the bloody urine follows, it is attended with the moſt acute pain, and a previous ſtoppage of urine.

Bloody urine may likewiſe be occaſioned by falls, blows, the lifting or carrying of heavy burdens, hard riding, or any violent motion. It may alſo proceed from ulcers of the bladder, from a ſtone lodged in the kidneys, or from violent purges, or ſharp diuretic medicines, eſpecially cantharides.

Bloody urine is always attended with ſome degree of danger; but it is peculiarly ſo when mixed purulent matter, as this ſhews an ulcer ſomewhere in the urinary paſſages. Sometimes this diſcharge proceeds from exceſs of blood, in which caſe it is rather to be conſidered as a ſalutary evacuation than a diſeaſe. If the diſcharge however be very great, it may waſte the patient's ſtrength, and occaſion an ill habit of body, a dropſy, or a conſumption.

The treatment of this diſorder muſt be varied according the different cauſes from which it proceeds.

When it is owing to a ſtone in the bladder, the cure depends upon a ſurgical operation.

If it be attended with a plethora, and ſymptoms of inflammation, bleeding will be neceſſary. The body muſt alſo be kept open by emollient clyſters, or cooling purgative medicines; as cream of tartar, rhubarb, manna, or ſmall doſes of lenitive electuary.

When bloody urine proceeds from a diſſolved ſtate of the blood, it is commonly the ſymptom of ſome malignant diſeaſe; as the ſmall-pox, a putrid fever, &c. In this caſe the patient's life depends on the liberal uſe of the Peruvian bark and acids, as has been ſhewn.

If an ulcer is formed in the kidneys or bladder, the patient's diet muſt be cool, and his drink of an healing, balſamic quality, as decoctions of marſh-mallow roots with liquorice, ſolutions of gum-arabic, &c. Three ounces of marſh-mallow roots and half an ounce of liquorice may be boiled in two quarts of water to one; two ounces of gum-arabic, and half an ounce of puri-

fied nitre, may be diſſolved in the ſtrained liquor, and a tea-curful of it taken four or five times a-day.

The early uſe of aſtringents in this diſeaſe has often bad conſequence. When the flux is ſtopped too ſoon, the grumous blood, by being confined in the veſſels, may produce inflammations, abſceſs, and ulcers. If however the caſe be urgent, or the patient ſeems to ſuffer from the loſs of blood, gentle aſtringents may be neceſſary. In this caſe the patient may take three or four ounces of lime-water, with half an ounce of the tincture of Peruvian bark, three times a-day.

THE DYSENTERY, OR BLOODY FLUX

Prevails in the ſpring and autumn. It is moſt common in marſhy countries, where, after hot and dry ſummers, it is apt to become epidemic. Perſons are moſt liable to it who are much expoſed to the night air, or who live in places where the air is confined and unwholeſome. Hence it often proves fatal in camps, ſhips, jails, hoſpitals, and ſuch like places.

This diſeaſe may be occaſioned by any thing that obſtructs the perſpiration, or renders the humours putrid—as damp beds, wet clothes, unwholeſome diet, bad air, &c. It is moſtly communicated by infection. This ought to make people extremely cautious in going near ſuch perſons as labour under the diſeaſe. Even the ſmell of the patient's excrements has been known to communicate the infection.

A flux of the belly is known by violent pain of the bowels, a conſtant inclination to go to ſtool, and generally more or leſs blood in the ſtools. It begins like other fevers, with chillneſs, loſs of ſtrength, a quick pulſe, great thirſt, and an inclination to vomit. The ſtools are at firſt greaſy and frothy, afterwards they are ſtreaked with blood, and at laſt have often the appearance of pure blood, mixed with ſmall filaments reſembling bits of ſkin. Worms are ſometimes paſſed both upwards and downwards though the whole courſe of the diſeaſe. When the patient goes to ſtool, he feels a bearing

a bearing down, as if the bowels were falling out, and ſometimes a part of the inteſtines is actually protruded, which proves exceedingly troubleſome, eſpecially in children. Flatulency is alſo a painful ſymptom, particularly towards the end of the diſeaſe.

This diſeaſe may be diſtinguiſhed from a diarrhœa or looſeneſs, by the acute pain of the bowels, and the blood which generally appears in the ſtools: and from the cholera morbus by not being attended with ſuch violent and frequent fits of vomiting, &c.

When the dyſentery attacks the old, the delicate, or ſuch as have been waſted by the gout, the ſcurvy, or other lingering diſeaſes, it generally proves fatal. Vomiting and hiccuping are bad ſigns, as they ſhew an inflammation of the ſtomach. When the ſtools are green, black, or have a diſagreeble cadaverous ſmell, the danger is very great, as it ſhews the diſeaſe to be of the putrid kind. It is an unfavourable ſymptom when clyſters are immediately returned; but ſtill more ſo when the paſſage is obſtinately ſhut, that they cannot be injected. A feeble pulſe, coldneſs of the extremities, with difficulty of ſwallowing, and convulſions, are ſigns of approaching death.

Nothing is of more importance in this diſeaſe than cleanlineſs. It contributes greatly to the recovery of the patient, and no leſs to the ſafety of ſuch as attend him. In all contagious diſeaſes the danger is increaſed, and the infection ſpread, from want of cleanlineſs; but in none more than this. Every thing about the patient ſhould be frequently changed. The excrement ſhould never be ſuffered to continue in his room, but removed immediately and buried under ground. A conſtant ſtream of freſh air ſhould be admitted into the chamber: and it ought frequently to be ſprinkled with vinegar, juice of lemon, or ſome other ſtrong acid.

The patient muſt not be diſcouraged, but his ſpirits kept up in the hopes of a cure. Nothing tends more to render any putrid diſeaſe mortal, than the fears and apprehenſions of the ſick. All diſeaſes of this nature have a tendency to ſink and depreſs the

the ſpirits, and when that is increaſed by fears and alarms from thoſe whom the patient believes to be perſons of ſkill, it cannot fail to have the worſt effects.

A flannel waiſtcoat worn next the ſkin has often a very good effect. This promotes the perſpiration without over-heating the body. Great caution however is neceſſary in leaving it off. A dyſentery has often been brought on by imprudently throwing off a flannel waiſtcoat before the ſeaſon was ſufficiently warm. For whatever purpoſe this is worn, it ſhould never be left off but in a warm ſeaſon.

In this diſeaſe the greateſt attention muſt be paid to the patient's diet. Fleſh, fiſh, and every thing that has a tendency to turn putrid or rancid on the ſtomach muſt be abſtained from. Apples boiled in milk, water-pap, and plain light pudding, with broth made of the gelatinous parts of animals, may conſtitute the principal part of the patient's food. Gelatinous broth not only anſwers the purpoſe of food, but often proves more effectual than medicine.

Another kind of food very proper in the dyſentery, which may be uſed by ſuch as cannot take the broth mentioned above, is made by boiling a few handfuls of fine flour, tied in a cloth, for ſix or ſeven hours, till it becomes as hard as ſtarch. Two or three table-ſpoonfuls of this may be grated down, and boiled in ſuch a quantity of new milk and water as to be of the thickneſs of pap. This may be ſweetened to the patient's taſte, and taken for his ordinary food.

In a putrid dyſentery the patient may be allowed to eat freely of moſt kinds of good ripe fruit; as apples, grapes, gooſeberries, currant-berries, ſtrawberries, &c. Theſe may either be eaten raw or boiled, with or without milk, as the patient chooſes. The prejudice againſt fruit in this diſeaſe is ſo great, that many believe it to be the common cauſe of dyſenteries. This however is an egregious miſtake.

Both

Both reaſon and experience ſhew, that good fruit is one of the beſt medicines, both for the prevention and cure; and is in every reſpect calculated to counteract that tendency to putrefaction, from whence the moſt dangerous kind of dyſenteries proceeds. The patient in ſuch a caſe ought therefore to be allowed to eat as much fruit as he pleaſes, provided it be ripe.

The moſt proper drink in this diſorder is whey, and it has often been cured by the uſe of clear whey alone. It may be taken both for drink and in form of clyſter. When whey cannot be had, barley-water ſharpened with cream of tartar may be drank, or a decoction of barley and tamarinds; two ounces of the former and one of the latter may be boiled in two quarts of water to one. Warm water, water-gruel, or water wherein hot iron has been frequently quenched, are all very proper, and may be drank in turns. Camomile-tea, if the ſtomach will bear it, is an exceeding proper drink. It both ſtrengthens the ſtomach, and by its antiſeptic quality tends to prevent a mortification of the bowels.

At the beginning of this diſeaſe it is always neceſſary to cleanſe the firſt paſſages. For this purpoſe a vomit of ipecacuanha muſt be given, and wrought off with weak camomile-tea. Strong vomits are ſeldom neceſſary here. A ſcruple, or at moſt half a dram of ipecacuanha, is generally ſufficient for an adult, and ſometimes a very few grains will ſuffice. The day after the vomit, half a dram, or two ſcruples of rhubarb, muſt be taken; or what will anſwer the purpoſe rather better, an ounce, or an ounce and a half of Epſom ſalts. This doſe may be repeated every other day for two or three times. Afterwards ſmall doſes of ipecacuanha may be taken for ſome time. Two or three grains of the powder may be mixed in a table-ſpoonful of the ſyrup of poppies, and taken three times a-day.

Theſe evacuations, and the regimen preſcribed above, will often be ſufficient to effect a cure. Should it

it however happen otherwiſe, the following aſtringent medicines may be uſed.

A clyſters of ſtarch or fat mutton-broth, with thirty or forty drops of liquid laudanum in it, may be adminiſtered twice a-day. At the ſame time an ounce of gum-arabic, an half an ounce of gum-tragacanth, may be diſſolved in a pint of barley water, over a ſlow fire, and a table-ſpoonful of it taken every hour.

If theſe have not the deſired effect, the patient may take four times a-day, about the bulk of a nutmeg of the Japonic confection, drinking after it a tea-cupful of the decoction of logwood.

Perſons who have been cured of this diſeaſe are very liable to relapſe; to prevent which, great circumſpection with reſpect to diet is neceſſary. The patient muſt abſtain from all fermented liquors, except now and then a glaſs of good wine; but he muſt drink no kind of malt liquor. He ſhould likewiſe abſtain from animal food, as fiſh and fleſh, and live principally on milk and vegetables.

Gentle exerciſe and wholeſome air are likewiſe of importance. The patient ſhould go to the country as ſoon as his ſtrength will permit, and ſhould take exerciſe daily or horſeback, or in a carriage. He may likewiſe uſe bitters infuſed in wine or brandy, and may drink twice a-day a gill of lime-water mixed with an equal quantity of new milk.

When dyſenteries prevail, we would recommend a ſtrict attention to cleanlineſs, a ſpare uſe of animal food, and the free uſe of ſound ripe fruits, and other vegetables. The night air is to be carefully avoided, and all communication with the ſick. Bad ſmells are likewiſe to be ſhunned, eſpecially thoſe which ariſe from putrid animal ſubſtances. The neceſſaries where the ſick go are carefully to be avoided.

When the firſt ſymptoms of the dyſentery appear, the patient ought immediately to take a vomit, to go to bed, and drink plentifully of weak warm liquor, to promote a ſweat. This, with a doſe or two of rhubarb at the beginning, would often carry off the diſeaſe.

diſeaſe. In countries where dyſenteries prevail, we would adviſe ſuch as are liable to them, to take either a vomit or a purge every ſpring or autumn, as a preventive.

There are ſundry other fluxes of the belly, as the LIENTERY and CŒLIAC PASSION, which, though leſs dangerous than the dyſentery, yet merit conſideration. Theſe diſeaſes generally proceed from a relaxed ſtate of the ſtomach and inteſtines, which is ſometimes ſo great, that the food paſſes through them with hardly any ſenſible alteration; and the patient dies merely from the want of nouriſhment.

When the lientery or cœliac paſſion ſucceeds to a dyſentery, the caſe is bad. They are always dangerous in old age, eſpecially when the conſtitution has been broken by exceſs or acute diſeaſes. If the ſtools be very frequent, and quite crude, the thirſt great, with little urine, the mouth ulcerated, and the face marked with ſpots of different colours, the danger is very great.

The treatment of the patient is in general the ſame as in the dyſentery. In all obſtinate fluxes of the belly, the cure muſt be attempted, by firſt cleanſing the ſtomach and bowels with gentle vomits and purges; afterwards ſuch a diet as has a tendency to heal and ſtrengthen the bowels, with opiates and aſtringent medicines, will generally complete the cure.

The ſame obſervation holds with reſpect to a Tenesmus, or frequent deſire of going to ſtool. This diſeaſe reſembles the dyſentery ſo much, both in its ſymptoms and method of cure, that we think it needleſs to inſiſt upon it.

CHAP. XXVI.

Of the Head-ach.

ACHES and pains proceed from very different cauſes, and may affect any part of the body; but we ſhall point out thoſe only which occur moſt frequently and are attended with the greateſt danger.

When the head-ach is ſlight, and affects a particular part of the head only, it is called cephalalgia; when the whole head is affected, cephalæa; and when on one ſide only, hemicrania. A fixed pain in the forehead, which may be covered with the end of the thumb, is called the clavis hyſtericus.

There are alſo other diſtinctions. Sometimes the pain is internal, ſometimes external; ſometimes it is an original diſeaſe, and at other times only ſymptomatic. When the head-ach proceeds from a hot bilious habit, the pain is very acute and throbbing, with a conſiderable heat of the part affected. When from a cold phlegmatic habit, the patient complains of a dull heavy pain, and has a ſenſe of coldneſs in the part. This kind of head-ach is ſometimes attended with a degree of ſtupidity or folly.

Whatever obſtructs the free circulation of the blood through the veſſels of the head, may occaſion a head-ach. In perſons of a full habit, who abound with blood, the head-ach often proceeds from the ſuppreſſion of cuſtomary evacuations; as bleeding at the noſe, ſweating of the feet. &c. It may likewiſe proceed from any cauſe that determines a great flux of blood towards the head; as coldneſs of the extremities, or hanging down the head for a long time. Whatever prevents the return of the blood from the head will likewiſe occaſion a head-ach; as looking long

long obliquely at any object, wearing any thing tight about the neck, a new hat, or the like.

When a head-ach proceeds from the ſtoppage of a running at the noſe, there is a heavy, obtuſe, preſſing pain in the fore part of the head, in which there ſeems to be ſuch a weight, that the patient can ſcarce hold it up. When it is occaſioned by the cauſtic matter of the veneral diſeaſe, it generally affects the ſkull, and often produces a caries of the bones.

Sometimes the head-ach proceeds from the repulſion or retrocceſſion of the gout, the eryſipelas, the ſmall-pox, meaſles, itch, or other eruptive diſeaſes. What is called a hemicrania generally proceeds from crudities or indigeſtion. Inanition, or emptineſs, will often alſo occaſion head-achs. We have often ſeen inſtances of this in nurſes who gave ſuck too long, or who did not take a ſufficient quantity of ſolid food.

There is likewiſe a moſt violent, fixed, conſtant, and almoſt intolerable head-ach, which occaſions great debility both of body and mind, prevents ſleep, deſtroys the appetite, cauſes a vertigo, dimneſs of ſight, a noiſe in the ears, convulſions, epileptic fits, and ſometimes vomiting, coſtiveneſs, coldneſs of the extremities, &c.

The head-ach is often ſymptomatic in continual and intermitting fevers, eſpecially quartans. It is alſo a very common ſymptom in hyſteric and hypochondriac complaints.

When a head-ach attends an acute fever, with pale urine, it is an unfavourable ſymptom. In exceſſive head-achs, coldneſs of the extremities is a bad ſign.

When the diſeaſe continues long, and is very violent it often terminates in blindneſs, an apoplexy, deafneſs, a vertigo, the palſy, or the epilepſy.

In this diſeaſe the cool regimen in general is to be obſerved. The diet ought to conſiſt of ſuch emollient ſubſtances as will correct the acrimony of the humours, and keep the body open; as apples boiled in milk, ſpinnage, turnips, and ſuch like. The drink ought to be diluting; as barley-water, infuſions of mild muci-

laginous vegetables, decoctions of the ſudorific woods, &c. The feet and legs ought to be kept warm, and frequently bathed in lukewarm water; the head ſhould be ſhaved, and bathed with water and vinegar. The patient ought as much as poſſible to keep in an erect poſture, and not to lie with his head too low.

When the head-ach is owing to exceſs of blood, or a hot bilious conſtitution, bleeding is neceſſary. The patient may be bled in the jugular vein, and the operation repeated if there be occaſion. Cupping alſo, or the application of leeches to the temples, and behind the ears, will be of ſervice. Afterwards a bliſtering-plaſter may be applied to the neck behind the ears, or to any part of the head that is moſt affected. In ſome caſes it will be proper to bliſter the whole head. In perſons of a groſs habit, iſſues or perpetual bliſters will be of ſervice. The body ought likewiſe to be kept open by gentle laxatives.

But when the head-ach proceeds from a copious vitiated ſerum ſtagnating in the membranes, either within or without the ſkull, with a dull, heavy, continual pain, which will neither yield to bleeding nor gentle laxatives, then more powerful purgatives are neceſſary, as pills made of aloes, reſin of jalap, or the like. It will alſo be neceſſary in this caſe to bliſter the whole head, and to keep the back part of the neck open for a conſiderable time by a perpetual bliſter.

When the head-ach is occaſioned by the ſtoppage of a running at the noſe, the patient ſhould frequently ſmell to a bottle of volatile ſalts; he may likewiſe take ſnuff, or any thing that will irritate the noſe, ſo as to promote a diſcharge from it; as the herb maſtich, ground-ivy, &c.

A hemicrania, eſpecially a periodical one, is generally owing to a foulneſs of the ſtomach, for which gentle vomits muſt be adminiſtered, as alſo purges of rhubarb. After the bowels have been ſufficiently cleared, chalybeate waters, and ſuch bitters as tend

to

to ſtrengthen the ſtomach, will be neceſſary. A periodical head-ach has been cured by wearing a piece of flannel over the forehead during the night.

When the head-ach ariſes from a vitiated ſtate of the humours, as in the ſcurvy and venereal diſeaſe, the patient, after proper evacuations, muſt drink freely of the decoction of woods, or the decoction of ſarſaparilla, with raiſins and liquorice. Theſe, if duly perſiſted in, will produce very happy effects. When a collection of matter is felt under the ſkin, it muſt be diſcharged by an inciſion, otherwiſe it will render the bone carious.

When the head-ach is ſo intolerable as to endanger the patient's life, or is attended with continual watching and delirium, recourſe muſt be had to opiates. Theſe, after proper evacuations by clyſters or mild purgatives, may be applied both externally and internally. The affected part may be rubbed with Bate's anodyne balſam, or a cloth dipped in it may be applied to the part. The patient may, at the ſame time, take twenty drops of laudanum, in a cup of valerian or penny-royal tea, twice or thrice a-day. This is only to be done in caſe of extreme pain. Proper evacuations ought always to accompany and follow the uſe of opiates.

When the patient cannot bear the loſs of blood, his feet ought frequently to be bathed in lukewarm water, and well rubbed with a coarſe cloth. Cataplaſms with muſtard and horſe-radiſh ought likewiſe to be applied to them. This courſe is peculiarly neceſſary when the pain proceeds from a gouty humour affecting the head.

When the head-ach is occaſioned by great heat, hard labour, or violent exerciſe of any kind, it may be allayed by cooling medicines; ſuch as the ſaline draughts with nitre, and the like.

A little æther dropt into the palm of the hand, and applied to the forehead, will ſometimes remove a head-ach.

THE

THE TOOTH-ACH

Is ſo well known, that it needs no deſcription. It has great affinity with the rheumatiſm, and often ſucceeds pains of the ſhoulders and other parts of the body.

It may proceed from obſtructed perſpiration, or any of the other cauſes of inflammation. The tooth-ach is occaſioned by neglecting ſome part of the uſual coverings of the head, by ſitting with the head bare near an open window, or expoſing it to a draught of cold air. Food or drink taken either too hot or too cold is very hurtful to the teeth. Great quantities of ſugar, or other ſweet meats, are likewiſe hurtful. Nothing is more deſtructing to the teeth than cracking nuts, or chewing any kind of hard ſubſtances. Picking the teeth with pins, needles, or any thing that may hurt the enamel with which they are covered, does great miſchief, as the tooth is ſure to be ſpoiled whenever the air gets into it. Breeding women are very ſubject to the tooth-ach, eſpecially during the firſt three or four months of pregnancy. The tooth-ach often proceeds from ſcorbutic humours affecting the gums. In this caſe the teeth are ſometimes waſted, and fall out without any conſiderable degree of pain. The more immediate cauſe of the tooth-ach is a rotten or carious tooth.

In order to relieve the tooth-ach, we muſt firſt endeavour to leſſen the flux of humours to the part affected. This may be done by mild purgatives, ſcarifying the gums, or applying leeches to them, and bathing the feet frequently with warm water. The perſpiration ought likewiſe to be promoted, by drinking freely of weak wine-whey, or other diluting liquors, with ſmall doſes of nitre. Vomits to have often an exceeding good effect in the tooth-ach. It is ſeldom ſafe to adminiſter opiates, or any kind of heating medicines, or even to draw a tooth, till proper evacuations have been premiſed; and theſe alone will often effect the cure.

If

If this fails, and the pain and inflammation ſtill increaſe, a ſuppuration may be expected, to promote which, a roaſted fig ſhould be held between the gum and the cheek; bags filled with boiled camomile-flowers, flowers of elder, or the like, may be applied near the part affected, with as great a degree of warmth as the patient can bear, and renewed as they grow cool: the patient may likewiſe receive the ſteams of warm water into his mouth, through an inverted funnel, or by holding his head over the mouth of a porringer filled with warm water.

Such things as promote the diſcharge of ſaliva, or cauſe the patient to ſpit, are generally of ſervice. For this purpoſe, bitter, hot, or pungent vegetables may be chewed; as gentian, calamus aromaticus, or pellitory of Spain. Allen recommends the root of yellow water flower-de-luce in this caſe. This root may either be rubbed upon the tooth, or a little of it chewed. Brookes ſays he hardly ever knew it fail to eaſe the tooth-ach. It ought however to be uſed with caution.

Many other herbs, roots, and ſeeds are recommended for curing the tooth-ach; as the leaves or roots of millefoil or yarrow chewed, tobacco ſmoked or chewed, ſtaves-acre, or the ſeeds of muſtard chewed, &c. Theſe bitter, hot, and pungent things, by occaſioning a greater flow of ſaliva, frequently give eaſe in the tooth-ach.

Opiates often relieve the tooth-ach. For this purpoſe a little cotton wet with laudanum may be held between the teeth; or a piece of ſticking-plaſter, about the bigneſs of a ſhilling, with a bit of opium in the middle of it, of a ſize not to prevent the ſticking of the other, may be laid on the temporal artery, where the pulſation is moſt ſenſible. De la Motte affirms, that there are few caſes wherein this will not give relief. If there be a hollow tooth, a ſmall pill made of equal parts of camphire and opium, put into the hollow, is often beneficial. When this cannot be had, the hollow tooth may be filled with gum maſtich, wax, lead,

lead, or any ſubſtance that will ſtick in it, and keep out the external air.

Few applications give more relief in the tooth-ach than bliſtering-plaſters. Theſe may be applied between the ſhoulders; but they have the beſt effect when put behind the ears, and made ſo large as to cover a great part of the lower jaw.

After all, when a tooth is carious, it is often impoſſible to remove the pain without extracting it; and as a ſpoiled tooth never becomes ſound again, it is prudent to draw it ſoon, leſt it ſhould affect the reſt. Tooth-drawing, like bleeding, is very much practiſed by mechanics, as well as perſons of the medical profeſſion. The operation however is not without danger, and ought always to be performed with care. A perſon unacquainted with the ſtructure of the parts, will be in danger of hurting the jaw-bone, or of drawing a ſound tooth inſtead of a rotten one. This, however, may always be prevented by the operator ſtriking upon the teeth with any piece of metal, as this never fails to excite the pain in the carious tooth.

When the tooth-ach returns periodically, and the pain chiefly affects the gums, it may be cured by the bark.

Some pretend to have found great benefit in the tooth-ach, from the application of an artificial magnet to the affected tooth. We ſhall not attempt to account for its mode of operation; but if it be found to anſwer, though only in particular caſes, it certainly deſerves a trial, as it is attended with no expence, and cannot do any harm. Electricity has alſo been recommended, and particular inſtruments have been invented for ſending a ſhock through the affected tooth.

Perſons who have returns of the tooth-ach at certain ſeaſons, as ſpring and autumn, might often prevent it by taking a purge at theſe times.

Keeping the teeth clean has no doubt a tendency to prevent the tooth-ach. The beſt method of doing this

this is to wash them daily with salt and water, a decoction of the bark, or with cold water alone. All brushing and scraping of the teeth is dangerous, and unless performed with great care, does mischief.

THE EAR-ACH

Chiefly affects the membrane which lines the inner cavity of the ear called the meatus auditorious. It is often so violent as to occasion great restlessness, anxiety, and even delirium. Sometimes epileptic fits, and other convulsive disorders, have been brought on by extreme pain in the ear.

This disorder may proceed from any of the causes which produce inflammation. It often proceeds from a sudden suppression of perspiration, or from the head being exposed to cold when covered with sweat. It may also may be occasioned by worms, or other insects getting into the ear, or being bred there; or from any hard body sticking in the ear. Sometimes it proceeds from the translation of the morbic matter to the ear. This often happens in the decline of malignant fevers, and occasions deafness, which is generally reckoned a favourable symptom.

When the ear-ach proceeds from insects, or any hard body sticking in the ear, every method must be taken to remove them as soon as possible. The membranes may be relaxed by dropping into the ear the oil of sweet almonds, or olive oil. Afterwards the patient should be made to sneeze, by taking snuff, or some strong sternutatory. If this should not force out the body, it must be extracted by art. If insects have got into the ear, they will often come out of their own accord upon pouriug in oil.

When the pain of the ear proceeds from inflammation, it must be treated like other topical inflammations, by a cooling regimen, and opening medicines. Bleeding at the beginning, either in the arm or jugular vein, or cupping in the neck, will be proper. The ear may likewise be fomented with steams

of warm water; or flannel bags filled with boiled mallows and camomile-flowers may be applied to it warm; or bladders filled with warm milk and water. An exceeding good method of fomenting the ear is to apply it close to the mouth of a jug filled with warm water, or a strong decoction of camomile-flowers.

The patient's feet should be frequently bathed in lukewarm water, and he ought to take small doses of nitre and rhubarb, viz. a scruple of the former, and ten grains of the latter, three times a-day. His drink may be whey, or decoction of barley and liquorice, with figs or raisins. The parts behind the ear ought frequently to be rubbed with camphorated oil, or a little of the volatile liniment.

When the inflammation cannot be discussed, a poultice of bread and milk, or roasted onions, may be applied to the ear, and frequently renewed, till the abscess breaks, or can be opened. Afterwards the humours may be diverted from the part by gentle laxatives, blisters or issues; but the discharge must not be suddenly dried up by any external application.

PAINS OF THE STOMACH, &c.

May proceed from various causes—as indigestion; wind; the acrimony of the bile; sharp, acrid, or poisonous substances taken into the stomach, &c. It may likewise be occasioned by worms; the stoppage of the customary evacuations; a translation of the gouty matter to the stomach, &c.

Women in the decline of life are very liable to pains of the stomach and bowels, especially such as are afflicted with hysteric complaints. It is also very common to hypochondriac men of a sedentary and luxurious life. In such persons it often prove so extremely obstinate as to baffle all the powers of medicine.

When the pain of the stomach is most violent after eating, there is reason to suspect that it proceeds from some

ſome fault either in the digeſtion or the food. In this caſe the patient ought to change his diet, till he finds what kind of food agrees beſt with his ſtomach, and ſhould continue chiefly to uſe it. If a change of diet does not remove the complaint, the patient may take a gentle vomit, and afterwards a doſe or two of rhubarb. He ought likewiſe to take an infuſion of camomile flowers, or ſome other ſtomachic bitter, either in wine or water. It is often removed by exerciſe, eſpecially by ſailing, or a journey on horſeback, &c.

When it proceeds from flatulency, the patient is conſtantly belching up wind, and feels an uneaſy diſtention of the ſtomach after meals. This is a moſt deplorable diſeaſe, and is ſeldom cured. In general, the patient ought to avoid all windy diet, and every thing that ſours on the ſtomach—as greens, roots, &c. This rule however admits of ſome exceptions. There are many inſtances of perſons very much troubled with wind, who have received great benefit from eating parched peaſe, though that grain is generally ſuppoſed to be of a windy nature.

When this complaint is occaſioned by the ſwallowing of acrid or poiſonous ſubſtances, they muſt be diſcharged by vomits; this may be excited by butter, oils, or other ſoft things, which ſheath and defend the ſtomach from the acrimony of its contents.

When pain of the ſtomach proceeds from a tranſlation of gouty matter, warm cordials are neceſſary, as generous wines, French brandy, &c. When there is an inclination to vomit, it may be promoted by drinking an infuſion of camomile-flowers, or carduus benedictus.

If it be cauſed by a ſtoppage of the cuſtomary evacuations, bleeding will be neceſſary, eſpecially in ſanguine and very full habits. It will alſo be of uſe to keep the body gently open by mild purgatives; as rhubarb, or ſenna. When this diſeaſe affects women in the decline of life, after the ſtoppage of the menſes, making an iſſue in the leg or arm will be of peculiar ſervice.

When this diſeaſe is occaſioned by worms, they muſt be deſtroyed, or expelled by ſuch means as are recommended in the next chapter.

When the ſtomach is greatly relaxed and the digeſtion bad, it often occaſions flatulencies, the elixir of vitriol will be of ſingular ſervice. Fifteen or twenty drops of it may be taken in a glaſs of wine or water twice or thrice a-day.

Perſons afflicted with a flatulency are generally unhappy unleſs they be taking ſome purgative medicines; theſe, though they may give immediate eaſe, tend to weaken and relax the ſtomach and bowels, and conſequently increaſe the diſorder. Their beſt method is to mix purgatives and ſtomachics together. Equal parts of Peruvian bark and rhubarb may be infuſed in brandy or wine, and taken in ſuch quantity as to keep the body gently open.

CHAP.

CHAP. XXVII.

Of Worms.

THESE are chiefly of three kinds, viz. the tænia, or tape-worm; the teres, or round and long worm; and the aſcarides, or round and ſhort worm. There are many other kinds of worms found in the human body; but as they proceed, in a great meaſure, from ſimilar cauſes, have nearly the ſame ſymptoms, and require almoſt the ſame treatment as thoſe already mentioned.

The tape-worm is white, very long, and full of joints. It is generally bred either in the ſtomach or ſmall inteſtines. The round and long worm is likewiſe bred in the guts, and ſometimes in the ſtomach. The round and ſhort worms commonly lodge in the rectum, or what is called the end gut, and occaſion a diſagreeable itching about the ſeat.

The long round worms occaſion ſqueamiſhneſs, vomiting, a diſagreeable breath, ſwelling of the belly, gripes, looſeneſs, ſwooning, loathing of food, and at other times a voracious appetite, a dry cough, convulſions, epileptic fits, and ſometimes a privation of ſpeech. Theſe worms have been known to perforate the inteſtines, and get into the cavity of the belly. The effects of the tape-worm are nearly the ſame with thoſe of the long and round, but rather more violent.

Andry ſays, the following ſympoms particularly attend the ſolum, which is a ſpecies of the tape-worm, viz. ſwoonings, privation of ſpeech, and a voracious appetite. The round worms called aſcarides, beſides an itching of the anus, cauſe ſwoonings, and teneſmus, or an inclination to go to ſtool.

Worms may proceed from various cauſes; but they are ſeldom found except in weak and relaxed ſtomachs, where the digeſtion is bad. Sedentary perſons

ſons are more liable to them than the active and laborious. Thoſe who eat great quantities of unripe fruit, or who live much on raw herbs and roots, are generally ſubject to worms. There ſeems to be an hereditary diſpoſition in ſome perſons to this diſeaſe. The children of a family are often all ſubject to worms of a particular kind. They ſeem likewiſe frequently to be owing to the nurſe. Children of the ſame family, nurſed by one woman, have often worms, when thoſe nurſed by another have none.

The common ſymptoms of worms are, paleneſs of the countenance, and at other times, an univerſal fluſhing of the face; itching of the noſe; this however is doubtful, as children pick their noſes in all diſeaſes; ſtarting, and grinding of the teeth in ſleep; ſwelling of the upper lip; the appetite ſometimes bad, at other times quite voracious; looſeneſs; a ſour or ſtinking breath; a hard ſwelled belly; great thirſt; the urine frothy, and ſometimes of a whitiſh colour; griping, or cholic pains; an involuntary diſcharge of ſaliva, eſpecially when aſleep; frequent pains of the ſide, with a dry cough, and unequal pulſe; palpitations of the heart; ſwoonings; drowſineſs; cold ſweats; palſy; epileptic fits; with many other unaccountable nervous ſymptoms, which were formerly attributed to witchcraft, or the influence of evil ſpirits. Small bodies in the excrements reſembling melon or cucumber ſeeds are ſymptoms of the tape-worm.

Though numberleſs medicines are extolled for expelling and killing worms, yet no diſeaſe more frequently baffles the phyſician's ſkill. In general, the moſt proper medicines for their expulſion are ſtrong purgatives; and to prevent their breeding, ſtomachic bitters, with now and then a glaſs of good wine.

The beſt purge for an adult is jalap and calomel. Five and twenty or thirty grains of the former, with ſix or ſeven of the latter, mixed in ſyrup, may be taken early in the morning, for a doſe. It will be proper that the patient keep the houſe all day, and drink

drink nothing cold. The doſe may be repeated once or twice a week, for a fortnight or three weeks. On the intermediate days, the patient may take a dram of the powder of tin, twice or thrice a-day, mixed with ſyrup, honey, or treacle.

Thoſe who do not chooſe to take calomel may make uſe of the bitter purgatives; as aloes, hiera-picra, tincture of ſenna, and rhubarb, &c.

Oily medicines are ſometimes found beneficial for expelling worms. An ounce of ſallad oil and a table ſpoonful of common ſalt may be taken in a glaſs of red port wine thrice a-day, or oftener, if the ſtomach will bear it: but the more common form of uſing oil is in clyſters. Oily clyſters, ſweetened with ſugar or honey, are very efficacious in bringing away the ſhort round worms called aſcarides, and likewiſe thoſe called teres.

The Harrowgate water is an excellent medicine for expelling worms, eſpecially the aſcarides. As this water is impregnated with ſulphur, we may hence infer, that ſulphur alone muſt be a good medicine in this caſe, which is found to be a fact. Many practitioners give flour of ſulphur in very large doſes, and with great ſucceſs. It ſhould be made into an electuary with honey or treacle, and taken in ſuch quantity as to purge the patient.

Where Harrowgate water cannot be obtained, ſea water may be uſed, which is far from being a contemptible medicine in this caſe. If ſea water cannot be had, common ſalt diſolved in water may be drank. This is often uſed by country nurſes with very good effect. Some flour of ſulphur may be taken over night, and the ſalt water in the morning.

But worms, though expelled, will ſoon breed again, if the ſtomach remains weak and relaxed; to prevent which, we would recommend the Peruvian bark. Half a dram of bark in powder may be taken in a glaſs of red port wine three or four times a-day, after the above medicines have been uſed. Lime-water is likewiſe good for this purpoſe, or a table-ſpoonful of the

the chalybeate wine taken twice or thrice a-day. Infuſions or decoctions of bitter herbs may likewiſe be drank; as the infuſion of tanſy, water trefoil, camomile-flowers, tops of wormwood, the leſſer centaury, &c.

For a child of four or five years old, ſix grains of rhubarb, five of jalap, and two of calomel, may be mixed in a ſpoonful of ſyrup or honey, and given in the morning. The child ſhould keep the houſe all day, and take nothing cold. This doſe may be repeated twice a-week for three or four weeks. On the intermediate days the child may take a ſcruple of powdered tin and ten grains of æthiops mineral in a ſpoonful of treacle twice a-day. This doſe muſt be increaſed or diminiſhed according to the age of the patient.

Biſſet ſays, the great baſtard black hellebore, or bear's foot, is a moſt powerful vermifuge for the long round worms. He orders the decoction of about a dram of the green leaves, or about fifteen grains of the dried leaves in powder, for a doſe to a child between four and ſeven years of age. This doſe is to be repeated two or three times. He adds that the green leaves made into a ſyrup with coarſe ſugar, is almoſt the only medicine he has used for round worms for three years paſt. Before preſſing out the juice, he moiſtens the bruiſed leaves with vinegar, which corrects the medicine. The doſe is a tea-ſpoonful at bed-time, and one or two next morning.

Thoſe big bellies, which in children are reckoned a ſign of worms, have often been quite removed by giving them white ſoap in their pottage or other food. Tanſy, garlic, and rue, are all good againſt worms, and may be uſed various ways. We might here mention many other plants, both for external and internal uſe, as the cabbage bark, &c. but think the powder of tin with æthiops mineral, and the purges of rhubarb and calomel, are more to be depended on.

Ball's purging vermifuge powder is a very powerfull medicine. It is made of equal parts of rhubarb, ſcammony,

ſcammony, and calomel, with as much double refined ſugar as is equal to the weight of all the other ingredients. Theſe muſt be will mixed together, and reduced to a fine powder. The doſe for a child is from ten grains to twenty, once or twice a-week An adult may take a dram for a doſe.

Parents who would preſerve their children from worms ought to allow them plenty of exerciſe in the open air; to take care that their food be wholeſome and ſufficiently ſolid; and as far as poſſible, to prevent their eating raw herbs, roots, or green traſhy fruits. It will not be amiſs to allow a child who is ſubject to worms, a glaſs of red wine after meals; as every thing that braces and ſtrengthens the ſtomach is good both for preventing and expelling theſe vermin.

CHAP. XXVIII.

Of the Jaundice.

THIS diſeaſe is firſt obſervable in the white of the eye, which appears yellow. Aftewards the whole ſkin puts on a yellow appearance. The urine too is of a ſaffron hue, and dies a white cloth of the ſame colour. There is likewiſe a ſpecies of this diſeaſe called the black jaundice.

The immediate cauſe of the jaundice is an obſtruction of the bile. The remote or occaſional cauſes are, the bites of poiſonous animals, as the viper, mad dog, &c. the bilious or hyſteric cholic; violent paſſions, as grief, anger, &c. Strong purges or vomits will likewiſe occaſion the jaundice. Sometimes it proceeds from obſtinate agues, or from that diſeaſe being prematurely ſtopped by aſtringent medicines. In infants it is often occaſioned by the meconium not being ſufficiently purged off. Pregnant women are very ſubject to it. It is likewiſe a ſymptom in ſeveral kinds of fever. Catching cold, or the ſtoppage of cuſtomary evacuations, as the menſes, the bleeding piles, iſſues, &c. will occaſion the jaundice.

The patient at firſt complains of exceſſive wearineſs, and has great averſion to every kind of motion. His ſkin is dry, and he generally feels a kind of itching or pricking pain over the whole body. The ſtools are of a whitiſh or clay colour, and the urine, as was obſerved above, is yellow. The breathing is difficult, and the patient complains of an unuſual load or oppreſſion on his breaſt. There is a heat in his noſtrils, a bitter taſte in the mouth, loathing of food, ſickneſs of the ſtomach, vomiting, flatulency, and other ſymptoms of indigeſtion.

If the patient be young, and the diſeaſe complicated with no other malady, it is ſeldom dangerous; but

but in old people, where it continues long, returns frequently, or is complicated with the dropſy or hypochondriac ſymptoms, it generally proves fatal. The black jaundice is more dangerous than the yellow.

The diet ſhould be cool, light, and diluting, conſiſting chiefly of ripe fruits and mild vegetables; as apples boiled or roaſted, ſtewed prunes, preſerved plums, boiled ſpinnage, &c. Veal or chicken-broth, with light bread, are likewiſe very proper. Many have been cured by living almoſt wholly for ſome days on raw eggs. The drink ſhould be butter-milk, whey ſweetened with honey, or decoctions of cool opening vegetables; or marſh-mallow roots, with liquorice, &c.

The patient ſhould take as much exerciſe as he can bear, either on horſeback, or in a carriage; walking running, and even jumping, are likewiſe proper, provided he can bear them without pain, and there be no ſymptoms of inflammation. Patients have been often cured of this diſeaſe by a long journey, after medicines have proved ineffectual.

Amuſements are likewiſe of great uſe in the jaundice. The diſeaſe is often occaſioned by a ſedentary life, joined to a dull melancholy diſpoſition. Whatever therefore tends to promote the circulation, and to cheer the ſpirits, muſt have a good effect.

If the patient be young, of a full ſanguine habit, and complains of pain in the right ſide about the liver, bleeding will be neceſſary. After this a vomit muſt be adminiſtered, and if the diſeaſe proves obſtinate, it may be repeated once or twice. No medicines are more beneficial in the jaundice than vomits, eſpecially, where it is not attended with inflammation. Half a dram of ipecacuanha in powder will be a ſufficient doſe for an adult. It may be wrought off with weak camomile-tea or lukewarm water. The body muſt alſo be kept open by the following pills: take of Caſtile ſoap, ſuccotorine aloes, and rhubarb, of each one dram, and make theſe into pills with a

ſufficient quantity of ſyrup or mucilage. Five or ſix of them may be taken twice a-day.

Fomenting the parts about the region of the ſtomach and liver, and rubbing them with a warm hand or fleſh-bruſh, are likewiſe beneficial; but it is ſtill more ſo for the patient to ſit in a bath of warm water up to the breaſt. He ought to do this frequently, and ſhould continue in it as long as his ſtrength will permit.

Many dirty things are recommended for the cure of the jaundice; as lice, millepedes, &c. But theſe do more harm than good, as people truſt to them, and neglect more valuable medicines; beſides, they are ſeldom taken in ſufficient quantity to produce any effects. People always expect that ſuch things ſhould act as charms, and conſequently ſeldom perſiſt in the uſe of them. Vomits, purges, fomentations, and exerciſe, will ſeldom fail to cure the jaundice when it is a ſimple diſeaſe; and when complicated with the dropſy, a ſcirrhous liver, or other chronic complaints, it is hardly to be cured by any means.

Great benefit, has been received in a very obſtinate jaundice, from a decoction of hempſeed. Four ounces of the ſeed may be boiled in two quarts of ale, and ſweetened with coarſe ſugar. The doſe is half a pint every morning. It may be continued for eight or nine days.

The Harrowgate ſulphur water has cured a jaundice of very long ſtanding. It ſhould be uſed for ſome weeks, and the patient muſt both drink and bathe.

The ſoluble tartar is a very proper medicine in the jaundice. A dram of it may be taken every night and morning in a cup of tea or water-gruel. If it does not open the body, the doſe may be increaſed.

Perſons ſubject to the jaundice ought to take as much exerciſe as poſſible, and to avoid all heating and aſtringent aliments.

CHAP.

CHAP. XXIX.

Of the Dropſy.

THE dropſy is a ſwelling of the whole body, or ſome part of it, occaſioned by a collection of watery humour. It is diſtinguiſhed by different names, according to the part affected, as the anaſarca, or a collection of water under the ſkin; the aſcites, or a collection of water in the belly; the hydrops pectoris, or dropſy of the breaſt; the hydrocephalus, or dropſy of the brain, &c.

The dropſy is often owing to an hereditary diſpoſition. It may likewiſe proceed from drinking ardent ſpirits or other ſtrong liquors. It is true, almoſt to a proverb, that great drinkers die of a dropſy. The want of exerciſe is alſo a very common cauſe of the dropſy. Hence it is juſtly reckoned among the diſeaſes of the ſedentary. It often proceeds from exceſſive evacuations, as frequent and copious bleeding, ſtrong purges often repeated, frequent ſalivations, &c. The ſudden ſtoppage of cuſtomary or neceſſary evacuations, as the menſes, the hæmorrhoids, fluxes of the belly, &c. may cauſe it.

The dropſy is frequently occaſioned by drinking large quantities of cold, weak, watery liquor, when the body is heated by violent exerciſe. A low, damp, or marſhy ſituation will likewiſe cauſe it. Hence it is common in moiſt, flat, fenny countries. It may alſo be brought on by a long uſe of poor watery diet. It is often the effect of other diſeaſes—as the jaundice, a ſcirrhus of the liver, a violent ague of long continuance, a diarrhœa, a dyſentery, an empyma, or a conſumption of the lungs. In ſhort, whatever obſtructs the perſpiration, or prevents the blood from being duly prepared, may occaſion a dropſy.

The anaſarca generally begins with a ſwelling of the

the feet and ancles towards night, which for ſome time diſappears in the morning. In the evening the parts, if preſſed with the finger, will pit. The ſwelling gradually aſcends, occupies the trunk of the body, the arms, and the head. Afterwards the breathing becomes difficult, the urine is in ſmall quantity, and the thirſt great; the body is bound, and the perſpiration is greatly obſtructed. To theſe ſucceed torpor, heavineſs, a ſlow waſting fever, and a troubleſome cough. This laſt is generally a fatal ſymptom, as it ſhews that the lungs are affected.

In an aſcites, beſides the above ſymptoms, there is a ſwelling of the belly, and often a fluctuation, which may be perceived by ſtriking the belly on one ſide, and laying the palm of the hand on the oppoſite. This may be diſtinguiſhed from a tympany by the weight of the ſwelling, as well as by the fluctuation. When the anaſarca and aſcites are combined, the caſe is very dangerous. Even a ſimple aſcites ſeldoms admits of a radical cure. Almoſt all that can be done is, to let off the water by tapping, which ſeldom affords more than a temporary relief.

The patient muſt abſtain, as much as poſſible, from all drink, eſpecially weak and watery liquors, and muſt quench his thirſt with muſtard-whey, or acids, as juice of lemons, oranges, ſorrel, &c. His aliment ought to be dry, of a ſtimulating and diuretic quality, as toaſted bread, the fleſh of birds, or other wild animals roaſted; pungent and aromatic vegetables, as garlic, muſtard, onions, creſſes, horſe-radiſh, ſhalot, rocambole, &c. He may alſo eat ſhip-biſcuit dipped in wine or brandy. This is not only nouriſhing, but tends to quench thirſt. Some have been actually cured of a dropſy by a total abſtinence from all liquids, and living entirely upon ſuch things as are mentioned above. If the patient muſt have drink, the ſpa-water, or Rheniſh wine, with diuretic medicines infuſed in it, are the beſt.

Exerciſe is of the greateſt importance in a dropſy. If the patient be able to walk, dig, or the like, he ought

ought to continue theſe exerciſes as long as he can. If he is not able to walk, or labour, he muſt ride on horſe-back, or in a carriage, and the more violent the motion ſo much the better, provided he can bear it. His bed ought to be hard, and the air of his apartment warm and dry. If he lives in a damp country, he ought to removed to a dry one, and if poſſible, into a warmer climate. In a word, every method ſhould be taken to promote the perſpiration, and to brace the ſolids. For this purpoſe it will likewiſe be proper to rub the patient's body, two or three times a-day, with a hard cloth, or the fleſh-bruſh; and he ought conſtantly to wear flannel next his ſkin.

If the patient be young, his conſtitution good, and the diſeaſe has come on ſuddenly, it may generally be removed by ſtrong vomits, briſk purges, and ſuch medicines as promote a diſcharge by ſweat and urine. For an adult, half a dram of ipecacuanha in powder, and half an ounce of oxymel of ſquills, will be a proper vomit. This may be repeated as often as is found neceſſary, three or four days intervening between the doſes. The patient muſt not drink much after taking the vomit, otherwiſe he deſtroys its effect. A cup or two of camomile-tea will be ſufficient to work it off.

Between each vomit, on one of the intermediate days, the patient may take for a purge: Jalap in powder half a dram, cream of tartar two drams, calomel ſix grains. Theſe may be made into a bolus with a little ſyrup of pale roſes, and taken early in the morning. The leſs the patient drinks after it the better. If he be much griped, he may now and then take a cup of chicken broth.

The patient may likewiſe take every night at bed-time the following bolus: To four or five grains of camphor add one grain of opium, and as much ſyrup of orange-peel as is ſufficient to make it into a bolus. This will promote a gentle ſweat, which ſhould be encouraged by drinking now and then a ſmall cup of wine-whey with a tea-ſpoonful of the ſpirits of hartſhorn in it. A tea-cupful of the following diuretic in-

fuſion

fuſion may alſo be taken every four or five hours thro' the day. Of juniper-berries, muſtard-ſeed, and horſe-radiſh, each half an ounce, aſhes of broom half a pound; infuſe them in a quart of Rheniſh wine or ſtrong ale for a few days, and afterwards ſtrain off the liquor. Such as cannot take this infuſion may uſe the decoction of ſeneka, root which is both diuretic and ſudorific. The anaſarca has been cured by an infuſion of the aſhes of broom in wine.

The above courſe will often cure an incidental dropſy, if the conſtitution be good; but when the diſeaſe proceeds from a bad habit, or an unſound ſtate of the viſcera, ſtrong purges and vomits are not to be ventured upon. In this caſe, it is ſafer to palliate the ſymptoms by the uſe of ſuch medicines as promote the ſecretions, and ſupport the patient's ſtrength by warm and nouriſhing cordials.

The ſecretion of urine may be greatly promoted by nitre. Brookes ſays, he knew a young woman who was cured of a dropſy by taking a dram of nitre every morning in a draught of ale, after ſhe had been given over as incurable. The powder of ſquills is alſo a good diuretic. Six or eight grains of it, with a ſcruple of nitre, may be given twice a-day in a glaſs of ſtrong cinnamon-water. Ball ſays, a large ſpoonful of unbruiſed muſtard-ſeed taken every night and morning, and half a pint of the decoction of the tops of green broom after it, has performed a cure after other powerful medicines had proved ineffectual.

Buchan ſays, cream of tartar has good effects in this diſeaſe. It promotes the diſcharges by ſtool and urine, and will at leaſt palliate, if it does not cure. The patient may begin by taking an ounce every ſecond or third day, and increaſe the quantity to two or even three ounces, if the ſtomach will bear it. This quantity is not to be taken all at once, but divided into three or four doſe.

To promote perſpiration, the patient may uſe the decoction of ſenka-root, or he may take two ſpoonfuls of Mindererus' ſpirit in a cup of wine-whey three or four times a-day.

To

To promote a diſcharge of urine, take of zedoary-root two drams; dried ſquills, rhubarb, and juniper-berries bruiſed, of each a dram; cinnamon in powder, three drams; ſalt of wormwood a dram and an half; infuſe theſe in three gills of old hock-wine: a glaſs of it may be taken three or four times a-day.

In the anaſarca it is uſual to ſcarify the feet and legs. By this means the water is often diſcharged; but the operator muſt be cautious not to make the inciſion too deep; they ought barely to pierce through the ſkin, and eſpecial care muſt be taken, by ſpirituous fomentations and proper digeſtives, to prevent a gangrene.

In an aſcites, when the diſeaſe does not evidently and ſpeedily give way to purgative and diuretic medicines, the water ought to be let off by tapping. This is a ſimple and ſafe operation, and would ſeldom fail, if it were performed in due time; but if be delayed till the humours are vituated, or the bowels ſpoiled, by long ſoaking in water, it can hardly be expected to procure any permanent relief. The very name of an operation is dreadful to moſt people, and they wiſh to try every thing before they have recourſe to it. This is the reaſon why tapping ſo ſeldom ſucceeds to our wiſh.

After the evacuation of the water, the patient is to be put on a courſe of ſtrengthening medicines; as the bark; the elixir of vitriol; warm aromatics, with a due proportion of rhubarb, infuſed in wine, and ſuch like. His diet ought to be dry and nouriſhing, ſuch as is recommended in the beginning of this chapter; and he ſhould take as much exerciſe as he can bear without fatigue. He ſhould wear flannel, or rather fleecy hoſiery, next his ſkin, and make daily uſe of the fleſh-bruſh.

CHAP. XXX.

Of the Gout.

THERE is no diſeaſe which ſhews the imperfection of medicine, or ſets the advantage of temperance and exerciſe in a ſtronger light, than the gout. Exceſs and idleneſs are the true ſources from whence it originally ſprung, and all who would avoid it muſt be active and temperate.

Though idleneſs and intemperance are the principal cauſes of the gout, yet many other things may contribute to bring on the diſorder in thoſe who are not, and to induce a paroxyſm in thoſe who are ſubject to it; as intenſe ſtudy; too free an uſe of acidulated liquors; night-watching; grief or uneaſineſs of mind; an obſtruction or defect of any of the cuſtomary diſcharges, as the menſes, ſweating of the feet, perſpiration, &c.

A fit of the gout is generally preceded by indigeſtion, drowſineſs, belching of wind, a ſlight head-ach, ſickneſs, and ſometimes vomiting. The patient complains of wearineſs and dejection of ſpirits, and has often a pain in the limbs, with a ſenſation as if wind or cold water were paſſing down the thigh. The appetite is often remarkably keen a day or two before the fit, and there is a ſlight pain in paſſing urine, and frequently an involuntary ſhedding of tears. Sometimes theſe ſymptoms are much more violent, eſpecially upon the near addroach of the fit; and it has been obſerved, that as is the fever which uſhers in the gout, ſo will the fit be; if the fever be ſhort and ſharp, the fit will be ſo likewiſe; if it be feeble, long and lingering, the fit will be ſuch alſo. But this obſervation can only hold with reſpect to very regular fits of the gout.

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The regular gout generally makes its attack in the ſpring or beginning of winter, in the following manner: About two or three in the morning, the patient is ſeized with a pain in his great toe, ſometimes in the heel, and at other times in the ancle or calf of the leg. This pain is accompanied with a ſenſation as if cold water were poured upon the part, which is ſucceeded by a ſhivering, with ſome degree of fever. Afterwards the pain increaſes, and fixing among the ſmall bones of the foot, the patient feels all the different kinds of torture, as if the part were ſtretched, burnt, ſqueezed, gnawed, or torn in pieces. The part at length becomes ſo exquiſitely ſenſible, that the patient cannot bear to have it touched, or even ſuffer any perſon to walk acroſs the room.

The patient is generally in exquiſite torture for twenty-four hours, from the time of the coming on of the fit: he then becomes eaſier, the part begins to ſwell, appears red, and is covered with a little moiſture. Towards morning he drops aſleep, and generally falls into a gentle breathing ſweat. This terminates the firſt paroxyſm, a number of which conſtitutes a fit of the gout; which is longer or ſhorter according to the patient's age, ſtrength, the ſeaſon of the year, and the diſpoſition of the body to this diſeaſe.

The patient is always worſe towards night, and eaſier in the morning. The paroxyſms however generally grow milder every day, till at length the diſeaſe is carried off by perſpiration, urine, and the other evacuations. In ſome patients this happens in a few days; in others, it requires weeks, and in ſome, months, to finiſh the fit. Thoſe whom age and frequent fits of the gout have greatly debilitated, ſeldom get free from it before the approach of ſummer, and ſometimes not till it be pretty far advanced.

As there are no medicines yet known that will cure the gout, we ſhall confine our obſervations chiefly to regimen, both in and out of the fit.

In the fit, if the patient be young and ſtrong, his diet ought to be thin and cooling, and his drink of a

diluting nature; but where the conſtitution is weak, and the patient has been accuſtomed to live high, this is not a proper time to retrench. In this caſe he muſt keep nearly to his uſual diet, and ſhould take frequently a cup of ſtrong negus, or a glaſs of generous wine. Wine-whey is a very proper drink in this caſe, as it promotes the perſpiration without greatly heating the patient. It will anſwer this purpoſe better if a tea-ſpoonful of ſal volatile oleoſum, or ſpirits of hartſhorn, be put into a cup of it twice a-day. It will likewiſe be proper to give at bed time a tea-ſpoonful of the volatile tincture of guaiacum in a large draught of warm wine-whey. This will greatly promote perſpiration through the night.

As the moſt ſafe and efficacious method of diſcharging the gouty matter is by perſpiration, this ought to be kept up by all means, eſpecially in the affected part. For this purpoſe the leg and foot ſhould be wrapt in ſoft flannel, fur, or wool. The laſt is moſt readily obtained, and ſeems to anſwer the purpoſe better than any thing elſe. The people of Lancaſhire look upon wool as a kind of ſpecific in the gout. They wrap a great quantity of it about the leg and foot affected, and cover it with a ſkin of ſoft dreſſed leather. This they ſuffer to continue for eigh or ten days, and ſometimes for a fortnight or three weeks, or longer, if the pain does not ceaſe. There is perhaps no external application known to anſwer ſo well in the gout; Buchan ſays he has often ſeen it applied when the ſwelling and inflammation were very great, with violent pain, and have found all theſe ſymptoms relieved by it in a few days. The wool which they uſe is generally greaſed, and carded or combed. They chooſe the ſofteſt which can be had, and ſeldom or never remove it till the fit be entirely gone off.

The patient ought likewiſe to be kept quiet and eaſy during the fit. Every thing that affects the mind diſturbs the paroxyſm, and tends to throw the gout upon the nobler parts. All external applications that

that repel the matter are to be avoided as death. They do not cure the diſeaſe, but remove it from a ſafer to a more dangerous part of the body, where it often proves fatal. A fit of the gout is to be conſidered as nature's method of removing ſomething that might prove deſtructive to the body, and all that we can do with ſafety, is to promote her intentions, and to aſſiſt her in expelling the enemy in her own way. Evacuations by bleeding, ſtool, &c. are alſo to be uſed with caution, they do not remove the cauſe of the diſeaſe, and ſometimes by weakening the patient prolong the fit: but where the conſtitution is able to bear it, it will be of uſe to keep the body gently open by diet, or very mild laxative medicines.

Many things will indeed ſhorten a fit of the gout, and ſome will drive it off altogether: but nothing has yet been found which will do this with ſafety to the patient. In pain we eagerly graſp at any thing that promiſes immediate eaſe, and even hazard life itſelf for a temporary relief. This is the true reaſon why ſo many infallible remedies have been propoſed for the gout, and why ſuch numbers have loſt their lives by the uſe of them. It would be as prudent to ſtop the ſmall-pox from riſing, and to drive them into the blood, as to attempt to repel the gouty matter after it has been thrown upon the extremities. The latter is as much an effort of nature to free herſelf from an offending cauſe as the former, and ought equally to be promoted.

When the pain however is very great, and the patient is reſtleſs, thirty or forty drops of laudanum, more or leſs, according to the violence of the ſymptoms, may be taken at bed-time. This will eaſe the pain, procure reſt, promote perſpiration, and forward the criſis of the diſeaſe.

After the fit is over, the patient ought to take a gentle doſe or two of the bitter tincture of rhubarb, or ſome other warm ſtomachic purge. He ſhould alſo drink a weak infuſion of ſtomachic bitters in ſmall wine or ale, as the Peruvian bark, with cinnamon

mon, Virginian ſnake-root, and orange-peel. The diet at this time ſhould be light, but nouriſhing, and gentle exerciſe ought to be taken on horſeback, or in a carriage.

Out of the fit, it is in the patient's power to do many things towards preventing a return of the diſorder, or rendering the fit, if it ſhould return, leſs ſevere. This however is not to be attempted by medicine. The gout has been kept off for ſeveral years by bark and other aſtringent medicines; but in theſe caſes the perſons frequently die ſuddenly, and to all appearance for want of a regular fit of the gout. One would be apt, from hence, to conclude, that a fit of the gout, to ſome conſtitutions, in the decline of life, is rather ſalutary than hurtful.

Though it may be dangerous to ſtop a fit of the gout by medicine, yet if the conſtitution can be ſo changed by diet and exerciſe, as to leſſen or totally prevent its return there certainly can be no danger in following ſuch a courſe. It is well known that the whole habit may be ſo altered by a proper regimen, as quite to eradicate this diſeaſe; and thoſe only who have ſufficient reſolution to perſiſt in ſuch a courſe have reaſon to expect a cure.

The courſe which we would recommend for preventing the gout, is as follows: In the firſt place, univerſal temperance, In the next place, ſufficient exerciſe. Some make a ſecret of curing the gout by muſcular exerciſe. This ſecret, however, is as old as Celſus, who ſtrongly recommends that mode of cure; and whoever will ſubmit to it in the fulleſt extent, may expect to reap ſolid and permanent advantages. By this we do not mean ſauntering about in an indolent manner, but labour, ſweat and toil. Theſe only can render the humours wholeſome, and keep them ſo. Going early to bed, and riſing betimes, are alſo of great importance. It is likewiſe proper to avoid night ſtudies, and intenſe thinking. The ſupper ſhould be light and taken early. All ſtrong liquors, eſpecially ſtrong wines and ſour punch, are to be avoided.

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We would alſo recommend ſome doſes of magneſia alba and rhubarb to be taken every ſpring and autumn; and afterwards a courſe of ſtomachic bitters, as tanſy or water-trefoil tea, an infuſion of gentian and camomile flowers, or a decoction of burdock-root, &c. Any of theſe, or an infuſion of any wholeſome bitter that is more agreeable to the patient, may be drank for two or three weeks in March and October twice a day. An iſſue or perpetual bliſter has a great tendency to prevent the gout. If theſe were more generally uſed in the decline of life, they would not only often prevent the gout, but alſo other chronic maladies. Such as can afford to go to Bath, will find great benefit from bathing and drinking the water. It both promotes digeſtion, and invigorates the habit.

Though there is little room for medicine during a regular fit of the gout, yet when it leaves the extremities, and falls on ſome of the internal parts, proper applications to recal and fix it become abſolutely neceſſary. When the gout affects the head, the pain of the joints ceaſes, and the ſwelling diſappears, while either ſevere head ach, drowſineſs, trembling, giddineſs, convulſions, or delirium come on. When it ſeizes the lungs, great oppreſſion, with cough and difficulty of breathing, enſue. If it attacks the ſtomach, extreme ſickneſs, vomiting, anxiety, pain in the epigraſtic region, and total loſs of ſtrength, will ſucceed.

When the gout attacks the head or lungs, every method muſt be taken to fix it in the feet. They muſt be frequently bathed in warm water, and acrid cataplaſms applied to the ſoles. Bliſtering-plaſters ought likewiſe to be applied to the ancles or calves of the legs. Bleeding in the feet or ancles is alſo neceſſary, and warm ſtomachic purges. The patient ought to keep in bed for the moſt part, if there be any ſigns of inflammatson, and ſhould be very careful not to catch cold.

If

If it attack the ſtomach with a ſenſe of cold, the moſt warm cordials are neceſſary: as ſtrong wine boiled up with cinnamon or other ſpices; cinnamon-water; peppermint-water; and even brandy or rum. Æther is found to be an efficacious remedy in this caſe. The patient ſhould keep his bed, and endeavour to promote a ſweat by drinking warm liquors; and if he ſhould be troubled with a nauſea, or inclination to vomit, he may drink camomile-tea, or any thing that will make him vomit freely.

When the gout attacks the kidneys, and imitates gravel pains, the patient ought to drink freely of a decoction of marſh-mallows, and to have the parts fomented with warm water. An emollient clyſter ought likewiſe to be given, and afterwards an opiate. If the pain be very violent, twenty or thirty drops of laudanum may be taken in a cup of the decoction.

Perſons who have had the gout ſhould be very attive to any complaints that may happen to them about the time when they have reaſon to expect a return of the fit. The gout imitates many other diſorders, and by being miſtaken for them, and treated improperly, is often diverted from its regular courſe, to the great danger of the patient's life.

Thoſe who never had the gout, but who, from their conſtitution or manner of living, have reaſon to expect it, ought likewiſe to be very circumſpect with regard to its firſt approach. If the diſeaſe, by wrong conduct or improper medicines, be diverted from its proper courſe, the miſerable patient has a chance to be ever after tormented with head-achs, coughs, pains of the ſtomach and inteſtines; and to fall at laſt a victim to its attack upon ſome of the more noble parts.

THE RHEUMATISM

Has often a reſemblance to the gout. It generally attacks the joints with exquiſite pain, and is ſometimes attended with inflammation and ſwelling. It is moſt common in the ſpring, and towards the end of autumn. It is uſually diſtinguiſhed into the acute and chronic; or the rheumatiſm with and without fever.

The cauſes of a rheumatiſm are frequently the ſame as thoſe of the inflammatory fever, viz. an obſtructed perſpiration, the immoderate uſe of ſtrong liquors, and the like. Sudden changes of the weather, and quick tranſitions from heat to cold, are very apt to occaſion it. Very obſtinate rheumatiſms have alſo been brought on by perſons allowing their feet to continue long wet. The ſame effects are often produced by wet clothes, damp beds, ſitting or lying on the damp ground, travelling in the night, &c.

The rheumatiſm may likewiſe be occaſioned by exceſſive evacuations, or the ſtoppage of cuſtomary diſcharges. It is often the effect of chronic diſeaſes, which vitiate the humours—as the ſcurvy, the lues venerea, obſtinate autumnal agues, &c.

The rheumatiſm prevails in cold, damp, marſhy countries. It is moſt common among the poorer ſort of peaſants, who are ill-clothed, live in low, damp houſes, and eat coarſe and unwholeſome food, which contains but little nouriſhment, and is not eaſily digeſted.

The acute rheumatiſm commonly begins with wearineſs, ſhivering, a quick pulſe, reſtleſſneſs, thirſt, and other ſymptoms of fever. Afterwards the patient complains of flying pains, which are increaſed by the leaſt motion. Theſe at length fix in the joints, which are often affected with ſwelling and inflammation. If blood be let in this diſeaſe, it has generally the ſame appearance as in the pleuriſy.

In this kind of rheumatiſm the treatment of the patient is nearly the ſame as in an acute or inflammatory

fever. If he be young and ſtrong, bleeding is neceſſary, which may be repeated according to the exigencies of the caſe. The body muſt be kept open by emollient clyſters or cool opening liquors, as decoctions of tamarinds, cream of tartar, whey, ſenna-tea, &c. The diet ſhould be light, and in ſmall quantity, conſiſting chiefly of roaſted apples, groat-gruel, or weak chicken broth. After the feveriſh ſymptoms have abated, if the pain ſtill continues, the patient muſt keep his bed, and take ſuch things as promote perſpirations—as wine-whey, with ſpiritous Mindereri, &c. He may alſo take, for a few nights at bed time, in a cup of wine-whey, a dram of cream of tartar, and half a dram of gum guaiacum in powder.

Warm bathing, after proper evacuations, has often an exceeding good effect. The patient may either be put into a bath of warm water, or have cloths wrung out of it applied to the parts affected. Great care muſt be taken that he do not catch cold after bathing.

The chronic rheumatiſm is ſeldom attended with any conſiderable degree of fever, and is generally confined to ſome particular part of the body, as the ſhoulders, the back or the loins. There is ſeldom any inflammation or ſwelling in this caſe. Perſons in the decline of life are moſt ſubject to the chronic rheumatiſm. In ſuch patients it often proves extremely obſtinate and ſometimes incurable.

The regimen ſhould be cool and diluting, conſiſting chiefly of vegetable ſubſtances—as ſtewed prunes, coddled apples, currants or gooſe-berries boilded in milk, &c. Arbuthnot ſays, 'if there be a ſpecific in aliment for the rheumatiſm, it is certainly whey;' and adds 'he knew a perſon ſubject to this diſeaſe, who could never be cured by any other method but a diet of whey and bread.' Cream of tartar in water-gruel, taken for ſeveral days will eaſe rheumatic pains conſiderably. This is experienced to be more efficacious when joined with gum guaiacum, as before directed. The patient may take the doſe juſt mentioned twice a-day, and alſo a tea-ſpoonful of the volatile tincture of gum guaiacum, at bed time, in wine-whey. This

This courſe may be continued for a week, or longer, if the caſe proves obſtinate, and the patient's ſtrength will permit. It ought then to be omitted for a few days, and repeated again. At the ſame time leeches or a bliſtering-plaſter may be applied to the part affected. The warm plaſter is generally found to anſwer better than either of theſe, in fixed rheumatic pains; it is made by melting over a gentle fire, one ounce of gum plaſter with two drams of bliſtering plaſter, it ſhould be renewed once a-week.

A plaſter of Burgunday pitch worn for ſome time on the part affected often gives great relief in rheumatic pains. Dr. Alexander ſays, he has often cured very obſtinate rheumatic pains by rubbing the parts affected with tincture of cantharides. Cupping upon the affected part is alſo very beneficial.

Though this diſeaſe may not ſeem to yield to medicines for ſome time, yet they ought ſtill to be perſiſted in. Perſons who are ſubject to frequent returns of the rheumatiſm, will often find their account in uſing medicines, whether they be immediately affected with the diſeaſe or not. The chronic rheumatiſm is ſimilar to the gout in this reſpect, that the moſt proper time for uſing medicines to extripate it, is when the patient is moſt free from the diſorder.

Thoſe who can afford the expence, would find benefit from the warm baths of Buxton or Matlock, in Derbyſhire. Theſe have often cured very obſtinate rheumatiſms, and are always ſafe either in or out of the fit. When the rheumatiſm is complicated with ſcorbutic complaints, which is not ſeldom the caſe, the Harrowgate waters, and thoſe of Moffat, are proper. They ſhould be drank and uſed as a warm bath.

There are ſeveral plants, common in this country, which may be uſed with advantage in the rheumatiſm One of the beſt is the white muſtard. A table-ſpoonful of the ſeed of this plant may be taken twice or thrice a-day, in glaſs of water or ſmall wine. The water-trefoil is alſo of great uſe in this complaint. It may be in wine or ale, or drank in the form of tea.

The ground-ivy, camomile, and several other bitters, are also beneficial, and may be used in the same manner. No benefit, however, is to be expected from these, unless they be taken for a considerable time. Excellent medicines are often despised in this disease, because they do not perform an immediate cure; whereas nothing would be more certain than their effect, were they duly persisted in. Want of perseverance in the use of medicines is one reason why chronic diseases are so seldom cured.

Cold bathing, especially in salt water, often cures the rheumatism. We would also recommend exercise and wearing flannel next the skin. Issues are likewise very proper, particularly in chronic cases. If the pain affects the shoulder, an issue may be made in the arm; but if it affects the loins, it should be put into the leg or thigh.

Persons afflicted with the scurvy are very subject to rheumatic complaints. The best medicines in this case are bitters and mild purgatives. These may either be taken separately or together, as the patient inclines. An ounce of the Peruvian bark, and half an ounce of rhubarb in powder, may be infused in a bottle of wine; and one, two, or three glasses of it taken daily, as shall be found necessary for keeping the body gently open. In cases where the bark itself proves sufficiently purgative, the rhubarb may be left out.

Such as are subject to frequent attacks of the rheumatism ought to make choice of a dry, warm situation, to avoid the night-air, wet clothes, and wet feet, as much as possible. Their clothing should be warm, and they should wear flannel next their skin, and make frequent use of the flesh-brush.

CHAP.

CHAP. XXXI.

Of the Scurvy.

THIS diſeaſe prevails chiefly in cold countries, eſpecially in low damp ſituations—as fens, large marſhes, &c. Sedentary people, of a dull melancholy diſpoſition, are moſt ſubject to it. It proves often fatal to ſailors on long voyages, particularly in ſhips that are not properly ventilated, have many people on board, or where cleanlineſs is neglected.

We do not mention the different ſpecies of this diſeaſe, as they differ from one another chiefly in degree. What is called the land ſcurvy is ſeldom attended with thoſe highly putrid ſymptoms which appear in patients who have been long at ſea, and which, we preſume, are rather owing to confined air, want of exerciſe, and the unwholeſome food eaten by ſailors on long voyages than to any ſpecific difference in the diſeaſe.

The ſcurvy is occaſioned by cold, moiſt air; by the long uſe of ſalted or ſmoke-dried proviſions, or any kind of food that is hard of digeſtion, and affords little nouriſhment. It may alſo proceed from the ſuppreſſion of cuſtomary evacuations—as the menſes, the hæmorrhoidal flux, &c. It is ſometimes owing to an hereditary taint in which caſe a very ſmall cauſe will excite the latent diſorder. Grief, fear, and other depreſſing paſſions, have a great tendency both to excite and aggravate this diſeaſe. The ſame obſervation holds with regard to neglect of cleanlineſs, bad clothing, the want of proper exerciſe, confined air, unwholeſome food; or any diſeaſe which greatly weakens the body, or vitiates the humours.

This diſeaſe may be known by unuſual wearineſs, heavineſs, and difficulty of breathing, eſpecially after motion; rottenneſs of the gums, which are apt to bleed on the ſlighteſt touch; a ſtinking breath; frequent

quent bleeding at the nose; crackling of the joints; difficulty of walking; a swelling or a falling away of the legs, on which there are livid, yellow, or violet coloured spots; the face is generally of a pale lead colour. As the disease advances, other symptoms come on—as rottenness of the teeth, hæmorrhages or discharges of blood from different parts of the body, foul obstinate ulcers, pains in various parts, especially the breast, dry scaly eruptions all over the body, &c. At last a wasting or hectic fever comes on, and the miserable patient is often carried off by a dysentery, a diarrhœa, a dropsy, the palsy, fainting fits, or a mortification of the bowels.

We know no way of curing this disease but by pursuing a plan directly opposite to that which brings it on. It proceeds from a vitiated state of the humours, occasioned by errors in diet, air, or exercise; and this cannot be removed but by a proper attention to these important articles.

If the patient has been obliged to breathe a cold, damp, or confined air, he should remove, as soon as possible, to a dry, open, and moderately warm one. If there is reason to believe that the disease proceeds from a sedentary life or depressing passions, as grief, fear, &c the patient must take daily as much exercise in the open air as he can bear, and his mind should be diverted by cheerful company and other amusements. Nothing has a greater tendency either to prevent or remove this disease, than constant cheerfulness and good humour. But this, alas! is seldom the lot of persons afflicted with the scurvy; they are generally surly, peevish, and morose.

When the scurvy has been brought on by a long use of salted provisions, the proper medicine is a diet consisting chiefly of fresh vegetables; as oranges, apples, lemons, limes, tamarinds, water-cresses, scurvy-grass, brook-lime, &c. The use of these, with milk, pot-herbs, new bread, and fresh beer or cyder, will seldom fail to remove a scurvy of this kind, if taken before it be too far advanced; but to have this

effect,

effect, they muſt be perſiſted in for a conſiderable time. When freſh vegetables cannot be obtained, pickled or preſerved ones may be uſed; and where theſe are wanting, recourſe muſt be had to the chymical acids. All the patient's food and drink ſhould in this caſe be ſharpened with cream of tartar, elixir of vitriol, vinegar, or the ſpirit of ſea-ſalt,

Theſe things, however, will more certainly prevent than cure the ſcurvy, for which reaſon ſeafaring people, eſpecially on long voyages, ought to lay in plenty of them. Cabbage, onions, gooſe-berries, and many other vegetables, may be kept a long time by pickling, preſerving, &c. and when theſe fail, the chymical acids, recommended above, which will keep for any length of time, may be uſed. We have reaſon to believe if ſhips were well ventilated, had got ſtore of fruits, greens, cyder, &c. laid in, and if proper regard were paid to cleanlinſs and warmth, that ſailors would be the moſt healthy people in the world, and would ſeldom ſuffer either from the ſcurvy or putrid fevers, which are ſo fatal to that uſeful ſet of men; but it is too much the temper of ſuch people to diſpiſe all precaution; they will not think of any calamity till it overtakes them, when it is too late to ward off the blow.

It muſt indeed be owned, that many of them have it not in their power to make the proviſion we are ſpeaking of; but in that caſe it is the duty of their employers to make it for them; and no man ought to engage in a long voyage without having theſe neceſſary articles ſecured.

Very beneficial effects in the land-ſcurvy have been received from a milk diet. This preparation of nature is a mixture of animal and vegetable properties, which of all others is the moſt fit for reſtoring a decayed conſtitution, and removing that particular acrimony of the humours, which ſeem to conſtitute the very eſſence of the ſcurvy, and many other diſeaſes. We particularly wiſh that milk was more plentiful in moſt towns as by that mean the people would be better ſupplied with a moſt wholeſome and no [illegible]iſhing food. The

The moſt proper drink in the ſcurvy is whey or butter-milk. When theſe cannot be had, ſound cyder, perry, or ſpruce-beer, may be uſed. Wort has alſo been found to be a proper drink in the ſcurvy, and may be uſed at ſea, as malt will keep during the longeſt voyage. A decoction of the tops of the ſpruce fir is alſo proper: a pint of it ſhould be drank twice a-day. Tar-water may be uſed for the ſame purpoſe, or decoctions of any of the mild mucilaginous vegetables; as ſarſaparilla, marſh-mallow roots, &c. Infuſions of the bitter plants, as ground-ivy, the leſſer centaury, marſh-trefoil, &c. are very beneficial; the peaſants in ſome parts of Britain expreſs the juice of this plant, and drink it with good effect in thoſe foul ſcorbutic eruptions with which they are often troubled in the ſpring ſeaſon.

Harrowgate-water is certainly an excellent medicine in the land ſcurvy. Patients though reduced to the moſt deplorable condition by this diſeaſe, have been greatly relieved by drinking the ſulphur-water, and bathing in it. The chalybeate-water may alſo be uſed with advantage, eſpecially with a view to brace the ſtomach after drinking the ſulphur-water, which, though it ſharpens the appetite, never fails to weaken the powers of digeſtion.

A ſlight degree of ſcurvy may be carried off by frequently ſucking a little of the juice of a bitter orange or a lemon. We would recommend the bitter orange as greatly preferable to lemon; it ſeems to be as good a medicine, and is not near ſo hurtful to the ſtomach. Perhaps our own ſorrel may be little inferior to either of them.

All kinds of ſalad are good in the ſcurvy, and ought to be eaten very plentifully, as ſpinage, lettuce, parſley, celery, endive, radiſh, dandelion, &c. It is amazing to ſee how ſoon freſh vegetables in the ſpring cure the brute animals of any ſcab or foulneſs which is upon their ſkins. It is reaſonable to ſuppoſe that their effects would be as great upon the human ſpecies, were they uſed in proper quantity for a ſufficient length of time.

Sometimes

Sometimes good effects in ſcorbutic complaints of very long ſtanding, are found from the uſe of a decoction of the roots of water-dock. It is uſually made by boiling a pound of the freſh root in ſix pints of water, till about one-third of it be conſumed. The doſe is from half a pint to a whole pint of the decoction every day: it would prove more beneficial if it was made much ſtronger, and drank in larger quantities. The ſafeſt way, is to begin with ſmall doſes, and increaſe them both in ſtrength and quantity as the ſtomach will bear it. It muſt be uſed for a conſiderable time. Some have been known to take it for many months, others who have uſed it even for years, before they were ſenſible of any benefit, but who nevertheleſs were cured by it at length.

The leproſy, which was ſo common in this country long ago, ſeems to have been near a-kin to the ſcurvy. Perhaps its appearing ſo ſeldom now, may be owing to the inhabitants of Britain eating more vegetable food than formerly, living more upon diluting diet, uſing leſs ſalted meat, being more cleanly, better lodged and clothed, &c.—For the cure of this diſeaſe we would recommend the ſame courſe of diet and medicine as in the ſcurvy.

THE SCROPHULA, OR KING'S EVIL,

Chiefly affects the glands, eſpecially thoſe of the neck. Children and young perſons of a ſedentary life are very ſubject to it. It is one of thoſe diſeaſes which may be removed by proper regimen, but ſeldom yields to medicine. The inhabitants of cold, damp, marſhy countries are moſt liable to it.

This diſeaſe may proceed from an hereditary taint, from a ſcrophulous nurſe, &c. Children who have the misfortune to be born of ſickly parents, whoſe conſtitutions have been greatly injured by the pox, or other chronic diſeaſes, are apt to be affected by the ſcrophula. It alſo proceeds from ſuch diſeaſes as weaken the habit or vitiate the humours, as the ſmall-

pox, meaſles, &c. External injuries, as blows, bruiſes, and the like, ſometimes produce ſcrophulous ulcers; but we have reaſon to believe, when this happens, that there has been a prediſpoſition in the hab it to this diſeaſe. In ſhort, whatever tends to vitiate the humours or relax the ſolids, paves the way to the ſcrophula; as the want of proper exerciſe, too much heat or cold, confined air, unwholeſome food, bad water, the long uſe of poor, weak, watery aliments, the neglect of cleanlineſs, &c. Nothing tends more to induce this diſeaſe in children than allowing them to continue long wet.

The ſcrophula, as well as the rickets, is found to prevail in large manufacturing towns, where people live groſs, and lead ſedentary lives.

At firſt ſmall knots appear under the chin or behind the ears, which gradually increaſe in number and ſize, till they form one large hard tumour. This often continues for a long time without breaking, and when it does break, it only diſcharges a watery humour. Other parts of the body are alſo liable to its attack, as the arm-pits, groins, feet, hands, eyes, breaſts, &c. Nor are the internal parts exempt from it. It often affects the lungs, liver, or ſpleen, and the glands of the myſentery are frequently greatly enlarged by it.

Thoſe obſtinate ulcers which break out upon the feet and hands with ſwelling, and little or no redneſs, are of the ſcrophulous kind. They ſeldom diſcharge good matter, and are exceedingly difficult to cure.

The white ſwellings of the joints ſeems likewiſe to be of this kind. They are with difficulty brought to a ſuppuration, and when opened they only diſcharge a thin ichor. There is not a more general ſymptom of the ſcrophula than a ſwelling of the upper lip and noſe.

As this diſeaſe proceeds, in a great meaſure, from relaxation, the diet ought to be nouriſhing, but at the ſame time light and of eaſy digeſtion; as well fermented bread made of ſound grain, the fleſh and broth of

of young animals, with now and then a glaſs of generous wine, or good ale. The air ought to be open, dry, and not too cold, and the patient ſhould take as much exerciſe as he can bear. This is of the utmoſt importance. Children who have ſufficient exerciſe are ſeldom troubled with either the ſcrophula, or the rickets.

The vulgar are remarkably credulous with regard to the cure of the ſcrophula; many of them believing in the virtue of the royal touch, that of the ſeventh ſon, &c. The truth is, we know but little either of the nature or cure of this diſeaſe, and where reaſon or medicines fail, ſuperſtition always comes in their place. Hence it is, that in diſeaſes which are the moſt difficult to underſtand, we generally hear of the greateſt number of miraculous cures being performed. Here, however, the deception is eaſily accounted for. The ſcrophula, at a certain period of life, often cures of itſelf; and, if the patient happens to be touched about this time, the cure is imputed to the touch, and not to nature, who is really the phyſician. In the ſame way the inſignificant noſtrums of quacks and old women often gain applauſe when they deſerve none.

There is nothing more pernicious than the cuſtom of plying children in the ſcrophula with ſtrong purgative medicines. People imagine it proceeds from humours which muſt be purged off, without conſidering that theſe purgatives increaſe the debility and aggravate the diſeaſe. It has indeed been found, that keeping the body gently open for ſome time, eſpecially with ſea-water, has a good effect; this ſhould only be given in groſs habits, and in ſuch quantity as to procure one, or at moſt two ſtools every day.

Bathing in the ſalt-water has likewiſe a very good effect, eſpecially in the warm ſeaſon. A courſe of bathing in ſalt-water, and drinking it in ſuch quantities as to keep the body gently open often cure a ſcrophula, after many other medicines had been tried in vain. When ſalt-water cannot be obtained, the

patient may be bathed in freſh water, and his body kept open by ſmall quantities of ſalt and water, or ſome other mild purgative.

Next to cold bathing, and drinking the ſalt-water, we would recommend the Peruvian bark. The cold bath may be uſed in ſummer, and the bark in winter.

To an adult half a dram of the bark in powder may be given in a glaſs of red wine four or five times a-day. Children, and ſuch as cannot take it in ſubſtance, may uſe the decoction made in the following manner.

Boil an ounce of Peruvian bark and a dram of Winter's bark, both groſsly powdered, in a quart of water to a pint: towards the end, half an ounce of ſliced liquorice-root and a handful of raiſins may be added, which will both render the decoction leſs diſagreeable and make it take up more of the bark. The liquor muſt be ſtrained, and two, three, or four table-ſpoonfuls, according to the age of the patient, given three times a-day.

The Moffat and Harrowgate waters, eſpecially the latter, are likewiſe very proper medicines in the ſcrophula. They ought not however to be drank in large quantities, but ſhould be taken ſo as to keep the body gently open, and muſt be uſed for a conſiderable time.

The hemlock may ſometimes be uſed with advantage in the ſcrophula. Some lay it down as a general rule, that the ſea water is moſt proper before there are any ſuppuration or ſymptoms of tabes; the Peruvian bark, when there are running ſores, and a degree of hectic fever; and the hemlock in old inveterate caſes, approaching to the ſcirrhous or cancerous ſtate. Either the extract or the freſh juice of this plant may be uſed. The doſe may be ſmall at firſt, and increaſed gradually as far as the ſtomach is able to bear it.

External applications are of little uſe. Before the tumour breaks, nothing ought to be applied to it, unleſs a piece of flannel, or ſomething to keep it warm. After it breaks, the ſore may be dreſſed with ſome

ſome digeſtive ointment. What anſwers beſt, is the yellow baſilicon mixed with about a ſixth or eighth part of its weight of red precipitate of mercury. The ſore may be dreſſed with this twice a-day; and if it be very fungous, and does not digeſt well, a larger proportion of the precipitate may be added.

Medicines which mitigate this diſeaſe, though they do not cure it, are not to be deſpiſed. If the patient can be kept alive by any means till he arrives at the age of puberty, he has a great chance to get well; but if he does not recover at this time, in all probability he never will.

There is no malady which parents are ſo apt to communicate to their offspring as the ſcrophula, for which reaſon people ought to beware of marrying into families affected with this diſeaſe.

For the means of preventing the ſcrophula we muſt refer the reader to the obſervations on nurſing in this book.

THE ITCH

Is communicated by infection, yet it ſeldom prevails where due regard is paid to cleanlineſs, freſh air, and wholeſome diet. It generally appears in form of ſmall watery puſtules, firſt about the wriſts, or between the fingers; afterwards it affects the arms, legs, thighs, &c. Theſe puſtules are attended with an intolerable itching, eſpecially when the patient is warm in bed, or ſet by the fire. Sometimes indeed the ſkin is covered with large blotches or ſcabs, and at other times with a white ſcurf, or ſcaly eruption. This laſt is called the dry itch, and is moſt difficult to cure.

The itch is ſeldom a dangerous diſeaſe, unleſs when it is rendered ſo by neglect or improper treatment. If it be ſuffered to continue too long, it may vitiate the whole maſs of humours; and if it be ſuddenly drove in, without proper evacuations, it may occaſion fevers, inflammations of the viſcera, or other internal diſorders.

The beſt medicine yet known for the itch is ſulphur, which

which ought to be uſed both externally and internally. The parts moſt affected may be rubbed with an ointment made of the flower of ſulphur two ounces, crude ſal ammoniac finely powdered two drams, hog's lard or butter four ounces. If a ſcruple or half a dram of the eſſence of lemon be added, it will enterely take away the diſagreeable ſmell. About the bulk of a nutmeg of this may be rubbed upon the extremities at bed-time twice or thrice a-week. It is ſeldom neceſſary to rub the whole body; but when it is, it ought not to be done all at once, but by turns, as it is dangerous to ſtop too many pores at the ſame time.

Before the patient begins to uſe the ointment, he ought, if he be of a full habit, to bleed or take a purge or two. It will alſo be proper, during the uſe of it, to take every night and morning as much of the flower of ſulphur and cream of tartar, in treacle or new milk, as will keep the body gently open. He ſhould beware of catching cold, ſhould wear more clothes than uſual, and take every thing warm. The ſame clothes, the linen excepted, ought to be worn all the time of uſing the ointment; and ſuch clothes as have been worn while the patient was under the diſeaſe, ought not to be uſed again, unleſs they have been fumigated with brimſtone, and throughly cleanſed, otherwiſe they will communicate the infection anew.

Brimſtone, when uſed as directed above, never has failed to cure the itch; and there is reaſon to believe, that if duly perſiſted in, it never will fail; but if it be only uſed once or twice, and cleanlineſs neglected, it is no wonder if the diſorder returns. The quantity of ointment mentioned above will generally be ſufficient for the cure of one perſon; but, if any ſymptoms of the diſeaſe ſhould appear again, the medicine muſt be repeated. It is both more ſafe and efficacious when perſiſted in for a conſiderable time, than when a large quantity is applied at once. As moſt people diſlike the ſmell of ſulphur, they may uſe in its place the powder of white helebore root made up into an ointment, in the ſame manner, which will ſeldom fail to cure the itch.

People

People ought to be extremely cautious leſt they take other eruptions for the itch; as the ſtoppage of theſe may be attended with fatal conſequences. Many of the eruptive diſorders to which children are liable, have a near reſemblance to this diſeaſe, and infants have been often killed by being rubbed with greaſy ointments that make theſe eruptions ſtrike ſuddenly in, which nature had thrown out to preſerve the patient's life, or prevent ſome other malady.

Much miſchief is alſo done by the uſe of mercury in this diſeaſe. Some perſons are ſo foolhardy as to waſh the part affected with a ſtrong ſolution of the corroſive ſublimate. Others uſe the mercurial ointment, without taking the leaſt care either to avoid cold, keep the body open, or obſerve a proper regimen. The conſequences of ſuch conduct may be eaſily gueſſed, Even the mercurial girdles have produced bad effects, and we would adviſe every perſon, as he values his health, to beware how he uſes them. Mercury ought never to be uſed as a medicine without the greateſt care. Ignorant people look upon theſe girdles as a kind of charm, without conſidering that the mercury enters the body.

Great miſchief is done by uſing mercurial ointment for curing the itch and killing vermin, yet it is unneceſſary for either; the former may be always more certainly cured by ſulphur, and the latter will never be found where due regard is paid to cleanlineſs.

Thoſe who would avoid this deteſtable diſeaſe ought to beware of infectious perſons, to uſe wholeſome food, and to ſtudy univerſal cleanlineſs.

CHAP.

CHAP. XXXII.

Of the Aſthma.

THIS is a diſeaſe of the lungs, which ſeldom admits of a cure. Perſons in the decline of life are moſt liable to it. It is diſtinguiſhed into the moiſt and dry, or humoural and nervous. The former is attended with expectoration or ſpitting; but in the latter the patient ſeldom ſpits, except a little tough phlegm by the mere force of coughing.

The aſthma is ſometimes hereditary. It may alſo proceed from a bad formation of the breaſt; the fumes of metals or minerals taken into the lungs; violent exerciſe, eſpecially running; the obſtruction of cuſtomary evacuations, as the menſes, hemorrhoids, &c. the ſudden retroceſſion of the gout; or ſtriking in of eruptions, as the ſmall pox, meaſles, &c. violent paſſions of the mind, as ſudden fear or ſurpriſe. In a word, the diſeaſe may proceed from any cauſe that either impedes the circulation of the blood through the lungs, or prevents their being duly expanded by the air.

An aſthma is known by a quick laborious breathing, which is generally performed with a kind of wheezing noiſe. Sometimes the difficulty of breathing is ſo great, that the patient is obliged to keep in an erect poſture, otherwiſe he is in danger of being ſuffocated. A fit or paroxyſm of the aſthma generally happens after a perſon has been expoſed to cold eaſterly winds, or has been abroad in thick foggy weather, or has got wet, or continued long in a damp place, or has taken ſome food which the ſtomach could not digeſt, as paſtries, toaſted cheeſe, or the like.

The paroxyſm is commonly uſhered in with liſtleſſneſs, want of ſleep, hoarſneſs, a cough, belching of wind, a ſenſe of heavineſs about the breaſt, and difficulty of breathing. To theſe ſucceed heat, fever, pain of

of the head, ſickneſs and nauſea, great oppreſſion of the breaſt, palpitation of the heart, a weak and ſometimes intermitting pulſe, an involuntary flow of tears, bilious vomitings, &c. All the ſymptoms grow worſe towards night; the patient is eaſier when up than in bed, and is very deſirous of cool air.

The food ought to be light and of eaſy digeſtion. Boiled meats are to be preferred to roaſted, and the fleſh of young animals to that of old. All windy food, and whatever is apt to ſwell on the ſtomach, is to be avoided. Light puddings, white broths, and ripe fruits baked, boiled, or roaſted, are proper. Strong liquors of all kinds, particularly malt-liquor, are hurtful. The patient ſhould eat a very light ſupper, or rather none at all, and ſhould never ſuffer himſelf to be long coſtive. His clothing ſhould be warm, eſpecially in winter. As all diſorders of the breaſt are much relieved by keeping the feet warm, and promoting the perſpiration; a flannel ſhirt or waiſtcoat, and thick ſhoes, will be of ſingular ſervice.

But nothing is of ſo much importance in the aſthma as pure and moderately warm air. Aſthmatic people can ſeldom bear either the cloſe heavy air of a large town, or the ſharp keen atmoſphere of a bleak hilly country: a medium therefore between theſe is to be choſen. The air near large towns is often better than at a diſtance, provided the patient be removed ſo far as not to be affected by the ſmoke. Some aſthmatic patients indeed breathe eaſier in town than in the country; but this is ſeldom the caſe, eſpecially in towns where much coal is burnt. Aſthmatic perſons who are obliged to be in town all day, ought at leaſt to ſleep out of it. Even this will often prove of great ſervice. Thoſe who can afford it ought to travel into a warmer climate. Many aſthmatic perſons who cannot live in Britain, enjoy very good health in the ſouth of France, Portugal, Spain, or Italy.

Exerciſe is alſo of very great importance in the aſthma, as it promotes the digeſtion and preparation of the blood. The blood of aſthmatic perſons is ſeldom

duly prepared, owing to the proper action of the lungs being impeded. For this reaſon ſuch people ought daily to take as much exerciſe, either on foot, horſeback, or in a carriage, as they can bear.

Almoſt all that can be done by medicine in this diſeaſe is to relieve the patient when ſeized with a violent fit. This indeed requires the greateſt expedition, as the diſeaſe often proves ſuddenly fatal. In a paroxyſm or fit, the body is generally bound; a purging clyſter, with a ſolution of aſafœtida, ought therefore to be adminiſtered, and if there be occaſion, it may be repeated two or three times. The patient's feet and legs ought to be immerſed in warm water, and afterwards rubbed with a warm hand or dry cloth. Bleeding, unleſs extreme weakneſs or old age ſhould forbid it, is highly proper. If there be a violent ſpaſm about the breaſt or ſtomach, warm fomentations, or bladders filled warm milk and water, may be applied to the part affected, and warm cataplaſms to the ſoles of the feet. The patient muſt drink freely of diluting liquors, and may take a tea-ſpoonful of the tincture of caſtor and of ſaffron mixed together in a cup of valerian-tea, twice or three a-day. Sometimes a vomit has a very good effect, and ſnatches the patient, as it were, from the very jaws of death! This however will be more ſafe after other evacutations have been premiſed. A very ſtrong infuſion of roaſted coffee is ſaid to give eaſe in an aſthmatic paroxyſm.

In the moiſt aſthma, ſuch things as promote expectoration or ſpitting ought to be uſed—as the ſyrup of ſquills, gum ammoniac, and ſuch like. A table-ſpoonful of the ſyrup or oxymel of ſquills, mixed with an equal quantity of cinnamon-water, may be taken three or four times a-day, and four or five pills made of equal parts of aſafœtida and gum-ammoniac at bed-time.

After copious evacuations, large doſes of æther have been found very efficacious in removing a fit of the aſthma. The following mixture has alſo produced very happy effects: To four or five ounces of the ſolution

lution or milk of gum-ammoniac add two ounces of ſimple cinnamon-water, the ſame quantity of balſamic ſyrup, and half an ounce of paregoric elixir: of this two table-ſpoonfuls may be taken every three hours.

For the convulſive or nervous aſthma, antiſpaſmodics and bracers are the moſt proper medicines. The patient may take a tea-ſpoonful of the paregoric elixir twice a-day. The Peruvian bark is ſometimes found to be of uſe: it may be taken in ſubſtance, or infuſed in wine. In ſhort, every thing that braces the nerves, or takes off the ſpaſm, may be uſed in a nervous aſthma. It is often relieved by the uſe of aſſes' milk; and cows' milk drank warm in the morning has alſo had very beneficial effects.

In every ſpecies of aſthma, ſetons and iſſues have a good effect; they may either be ſet in the back or ſide, and ſhould never be allowed to dry up. We ſhall here, once for all, obſerve, that not only in the aſthma, but in moſt chronic diſeaſes, iſſues are extremely proper. They are both a ſafe and efficacious remedy; and though they do not always cure the diſeaſe, yet they will often prolong the patient's life.

CHAP. XXXIII.

Of the Apoplexy.

THE apoplexy is a ſudden loſs of ſenſe and motion, during which the patient is to all appearance dead; the heart and lungs however ſtill continue to move. Though this diſeaſe proves often fatal, yet it may ſometimes be removed by proper care. It chiefly attacks ſedentary perſons of a groſs habit, who uſe a rich and plentiful diet, and indulge in ſtrong liquors. People in the decline of life are moſt ſubject to the apoplexy. It prevails moſt in winter, eſpecially in rainy ſeaſons, and very low ſtates of the barometer.

The immediate cauſe of an apoplexy is a compreſſion of the brain, occaſioned by an exceſs of blood, or a collection of watery humours. The former is called a Sanguine, and the latter a Serious apoplexy It may be occaſioned by any thing that increaſes the circulation towards the brain, or prevents the return of the blood from the head; as intenſe ſtudy; violent paſſions; viewing objects for a long time obliquely; wearing any thing too tight about the neck; a rich and luxurous diet; ſuppreſſion of the urine; ſuffering the body to cool ſuddenly after having been greatly heated; continuing long in a warm or cold bath; the exceſſive uſe of ſpiceries, or high ſeaſoned food; exceſs of venery; the ſudden ſtriking in of any eruption; ſuffering iſſues, ſetons, &c. ſuddenly to dry up, or the ſtoppage of any cuſtomary evacuation; a mercurial ſalivation puſhed too far, or ſuddenly checked by cold; wounds or bruiſes on the head; poiſonous exhalations, &c.

The uſual forerunners of an apoplexy are giddineſs; pain and ſwiming of the head; loſs of memory; drowſineſs; noiſe in the ears; the night mare; a flux of tears, and laborious reſpiration. When perſons of an apoplectic make obſerve theſe ſymptoms, they have reaſon

ſon to fear the approach of a fit, and ſhould endeavour to prevent it by bleeding, a ſlender diet, and opening medicines.

In the ſanguine apoplexy, if the patient does not die ſuddenly, the countenance appears florid, the face is ſwelled, and the blood veſſels, eſpecially about the neck and temples, are turgid; the pulſe beat ſtrong; the eyes are prominent and fixed, the breathing difficult and perfomed with a ſnorting noiſe. The excrement and urine are often voided ſpontaneouſly, and the patient is ſometimes ſeized with vomiting.

In this ſpecies of apoplexy every means muſt be uſed to leſſen the force of the circulation towards the head. The patient ſhould be kept cool and eaſy. His head ſhould be raiſed pretty high and his feet ſuffered to hang down. His clothes ought to be looſened, eſpecially abont the neck, and freſh air admitted into his chamber. His garted ſhould be tied pretty tight by which means the motion of the blood from the lower extremities will be retarded. As ſoon as the patient is placed in a proper poſture, he ſhould be bled freely in the neck or arm, and, if there be occaſion, the operation may be repeated in two or three hours. A laxative clyſter, with plenty of ſweet oil or freſh butter, and a ſpoonful or two of common ſalt in it, may be adminiſtered every two hours; and bliſtering-plaſters applied between the ſhoulders, and to the calves of the legs.

As ſoon as the ſymptoms are a little abated, and the patient is able to ſwallow, he ought to drink freely of ſome diluting opening liquor, as a decoction of tamarinds and liquorice, cream-tartar-whey, or common whey with cream of tartar diſſolved in it. Or he may take a cooling purge, as Glauber's ſalt, manna diſſolved in an infuſion of ſenna, or the like. All ſpirits and other ſtrong liquors are to be avoided. Even volatile ſalts held to the noſe do miſchief. Vomits, for the ſame reaſon, ought not to be given, or any thing that increaſes the motion of the blood towards the head.

In the ſerious apoplexy, the ſymptoms are nearly the ſame, only the pulſe is not ſo ſtrong, the countenance is

is leſs florid, and the breathing leſs difficult. Bleeding is not ſo neceſſary here as in the former caſe. It may however generally be performed once with ſafety and advantage, but ſhould not be repeated. The patient ſhould be placed in the ſame poſture as directed above, and ſhould have bliſtering-plaſters applied, and receive opening clyſters in the ſame manner. Purges are here alſo neceſſary, and the patient may drink ſtrong balm tea. If he be inclined to ſweat it ought to be promoted by drinking ſmall wine-whey, or an infuſion of carduus benedictus. A plentiful ſweat kept up for conſiderable time has often carried off a ſerious apoplexy.

When apoplectic ſymptoms proceed from opium, or other narcotic ſubſtances taken into the ſtomach, vomits are neceſſary. The patient is generally relieved as ſoon as he has diſcharged the poiſon in this way.

Perſons who have been attacked by the apoplexy, ought to uſe a very ſpare and ſlender diet, avoiding all ſtrong liquors, ſpiceries and high ſeaſoned food. They ought alſo to guard againſt all violent paſſions, and to avoid the extremes of heat and cold. The head ſhould be ſhaved, and daily waſhed in cold water. The feet ought to be kept warm, and never ſuffered to continue long wet. The body muſt be kept open either by food or medicine, and a little blood let every ſpring and fall Exerciſe ſhould by no means be neglected; but it ought to be taken in moderation. Nothing has a more happy effect in preventing an apoplexy than perpetual iſſues or ſetons; great care however muſt be taken not to ſuffer them to dry up, without opening others in their ſtead. Apoplectic perſons ought never to go to reſt with a full ſtomach, or to lie with their heads low, or wear any thing too tight about their necks.

CHAP.

CHAP. XXXIV.

Of Coſtiveneſs, and other affections of the Stomach and Bowels.

WE do not here mean to treat of thoſe aſtrictions of the bowels which are the ſymptoms of diſeaſes, as of the colic, the iliac paſſion, &c. but only to take notice of that infrequency of ſtools which ſome times happens, and which in ſome particular conſtitutions may occaſion diſeaſes.

Coſtiveneſs may proceed from drinking rough red wines, or other aſtringent liquors; too much exerciſe, eſpecially on horſeback: from a long uſe of cold inſipid food which does not ſufficiently ſtimulate the inteſtines. Sometimes it is owing to the bile not deſcending to the inteſtines, as in the jaundice; and at other times it proceeds from diſeaſes of the inteſtines themſelves, as a palſy, ſpaſms, torpor, tumour, a cold dry ſtate of the inteſtines, &c.

Exceſſive coſtiveneſs is apt to occaſion pains of the head, vomiting, colics, and other complaints of the bowels. It is peculiarly hurtful to hypochondriac and hyſteric perſons, as it generates wind and other grievous ſymptoms.

Perſons who are generally coſtive ſhould live upon a moiſting and laxative diet, as roaſted or boiled apples, pears, ſtewed prunes, gruel with currants, butter, honey, ſugar, and ſuch like. Broths with ſpinage, leeks, and other ſoft pot-herbs, are alſo proper. Rye bread, or that which is made of a mixture of wheat and rye together, ought to be eaten. No perſon troubled with coſtiveneſs ſhould eat any bread made only of fine flour. The beſt bread for keeping the body ſoluble is what in ſome parts of England they call meſlin. It is made of a mixture of wheat and rye, and is very agreeable to the ſtomach.

The drink ſhould be an opening quality. All ardent ſpirits

ſpirits, auſtere and aſtringent wines, as port, claret, &c. ought to be avoided. Malt liquor that is fine and of a moderate ſtrength, is very proper. Butter-milk, whey, &c. are alſo proper, and may be drank in turns, as the patient's inclination directs. All the ſecretions are promoted by early riſing, moderate exerciſe without doors, and by a cheerful temper of mind.

Thoſe who are troubled with conſtiveneſs, ought, if poſſible, to remedy it by diet, as the conſtant uſe of medicines for that purpoſe is attended with many inconveniencies, and often with bad conſequences. We never knew any one get into a habit of taking medicine to keep the body ſolutive, who could ever leave it off! In time the cuſtom becomes neceſſary, and generally ends in a total relaxation of the bowels, indigeſtion, loſs of appetite, waſting of the ſtrength, and death!

When a proper diet, as before directed, does not keep the body ſufficiently laxative, we would recommend gentle doſes of rhubarb two or three times a-week. This is not near ſo injurious to the ſtomach as aloes, jalap, or the other draſtic purgatives ſo much in uſe. Infuſions of ſenna and manna may alſo be taken, or half an ounce of ſoluble tartar diſſolved in water-gruel. About the ſize of a nutmeg of lenitive electuary taken twice a-day generally anſwers the purpoſe very well.

WANT OF APPETITE

May proceed from a foul ſtomach; indigeſtion; the want of free air and exerciſe; grief; fear; anxiety; or any of the depreſſing paſſions; the uſe of ſtrong broths, fat meats, or any thing that palls the appetite, or is hard of digeſtion; the immoderate uſe of ſtrong liquors, tea, tobacco, opium, &c.

The patient ought, if poſſible, to make choice of an open dry air; to take exerciſe daily; to riſe by times; to uſe a diet of eaſy digeſtion; and ſhould avoid exceſſive heat and great fatigue.

If

If want of appetite proceeds from errors in diet, or any other part of the patient's regimen, it ought to be changed. If naufea and reachings fhew that the ftomach is loaded with crudities, a vomit will be of fervice. After this a gentle purge or two of rhubarb, or any of the bitter purging falts, may be taken. The patient ought next to ufe fome of the ftomachic bitters infufed in wine. Though gentle evacuations be neceffary, yet ftrong purges and vomits are to be avoided, as they weaken the ftomach, and hurt digeftion.

Elixir of vitriol is an excellent medicine in moft cafes of digeftion, weaknefs of the ftomach, or want of appetite. From twenty to thirty drops of it may be taken twice or thrice a-day in a glafs of wine, or water. It may alfo be mixed with the tincture of the bark, one dram of the former to an ounce of the latter, and two tea-fpoonfuls of it taken in wine and water, as above.

The chalybeate waters, if drank in moderation, are generally of confiderable fervice in this cafe. The falt water has alfo good effects; but it muft not be ufed too freely.

THE HEART-BURN,

Or, what is commonly fo called, is not a difeafe of that organ, but an uneafy fenfation of heat, or acrimony, about the pit of the ftomach, which is fometimes attended with anxiety, naufea, and vomiting.

It may proceed from debility of the ftomach, indigeftion, bile the abounding of an acid in the ftomach, &c. Perfons who are liable to this complaint ought to avoid ftale liquors, acids, windy or greafy aliments, and fhould never ufe violent exercife immediately after a full meal. It is often caufed by drinking ale, or any other fermented liquor too new, and may be relieved by taking a little rum, or brandy and water without any fugar or acid.

When the heart-burn proceeds from debility of

the ſtomach, or indigeſtion, the patient ought to take a doſe or two of rhubarb afterwards he may uſe infuſions of the Peruvian bark; or or any other of the ſtomachic bitters, in wine or brandy. Exerciſe in the open air will be of great uſe, and every thing that promotes digeſtion.

When bilious humours occaſion the heart-burn, a tea-ſpoonful of the ſweet ſpirit of nitre in a glaſs of water, or a cup of tea, will generally give eaſe. If it proceeds from the uſe of greaſy aliments, a little brandy or rum may be taken.

If acidity or fourneſs of the ſtomach occaſions the heart-burn, abſorbents are the proper medicines. In this caſe an ounce of powdered chalk, half an ounce of fine ſugar, and a quarter of an ounce of gum-arabic, may be mixed in a quart of water, and a tea-cupful of it taken as often as is neceſſary. Such as do not chuſe chalk may take a tea-ſpoonful of prepared oyſter-ſhells, or of the powder called crabs-eyes, in a glaſs of cinnamon or peppermint-water. But the ſafeſt and beſt abſorbent is magneſia alba. This not only acts as an abſorbent, but alſo as a purgative; whereas chalk, and other abſorbents of that kind, are apt to lie in the inteſtines, and occaſion obſtructions. This powder is not diſagreeable, and may be taken in a cup of tea, or a glaſs of mint-water. A large tea-ſpoonful is the uſual doſe; but it may be taken in a much greater quantity when there is occaſion. Theſe things are now generally made up into lozenges for the conveniency of being carried in the pocket, and taken at pleaſure.

If wind be the cauſe of this complaint, the moſt proper medicines are thoſe called carminatives; as aniſeeds, juniper-berries, ginger, canella alba, cardamom ſeeds, &c. Theſe may either be chewed, or infuſed in wine, brandy, or other ſpirits. One of the ſafeſt medicines of this kind is the tincture made by infuſing an ounce of rhubarb, and a quarter of an ounce of the leſſer cardamom ſeeds, in a pint of brandy. After this has digeſted for two or three

the

days, it ought to be ſtrained, and four ounces of white ſugar-candy added to it. It muſt ſtand to digeſt a ſecond time till the ſugar be diſſolved. A table-ſpoonful of it may be taken occaſionally for a doſe.

CHAP. XXXV.

Of Nervous Diſeaſe.

OF all diſeaſes incident to mankind, thoſe of the nervous kind are the moſt complicated and difficult to cure. A volume is not ſufficient to point out their various appearances. They imitate almoſt every diſeaſe; and are ſeldom alike in two different perſons, or even in the ſame perſon at different times. Proteus-like, they are continually changing ſhape; and upon every freſh attack, the patient thinks he feels ſymptoms which he never experienced before. Nor do they only affect the body; the mind alſo ſuffers, and is often thereby rendered extremely weak and peeviſh. The low ſpirits, timorouſneſs, melancholy, and ficklenes of temper, which generally attend nervous diſorders, induce many to believe that they are entirely diſeaſes of the mind; but this change of temper is rather a conſequence, than the cauſe of nervous diſeaſes.

Every thing that tends to relax or weaken the body, diſpoſes it to nervous diſeaſes—as indolence, exceſſive venery, drinking too much tea, or other weak watery liquors warm, frequent bleeding, purging, vomiting, &c. Whatever hurts the digeſtion, or prevents the proper aſſimulation of the food has alſo this effect—as

long faſting, exceſs in eating or drinking, the uſe of windy, crude, or unwholeſome aliments, an unfavourable poſture of the body, &c.

Nervous diſorders often proceed from intenſe application to ſtudy. Indeed few ſtudious perſons are entirely free from them Nor is it to be wondered at; intenſe thinking not only preys upon the ſpirits, but prevents the perſon from taking proper exerciſe, by which means the digeſtion is impared, the nouriſhment prevented, the ſolids relaxed, and the whole maſs of humours vitiated. Grief and diſappointment alſo produce the ſame effects. Nervous patients in general may date the commencement of their diſorders from the loſs of a huſband, a favourite child, or from ſome diſappointment in life. In a word, whatever weakens the body, or depreſſes the ſpirits, may occaſion nervous diſorders; as unwholeſome air, want of ſleep, great fatigue, anxiety, vexation, &c.

The moſt of theſe diſorders begin with windy inflimmations or diſtentions of the ſtomach and inteſtines; the appetite and digeſtion are uſually bad; but ſometimes there is an uncommon craving for food, and a quick digeſtion. The food often turns ſour on the ſtomach; and the patient is troubled with vomiting of clear water, tough phlegm, or a blackiſh-coloured liquor reſembling the grounds of coffee. Excruciating pains are often felt about the navel, attended with a rumbling noiſe in the bowels. The body is ſometimes looſe, but more commonly bound, which occaſions a retention of wind and great uneaſineſs.

The urine is ſometimes in ſmall quantity, at other times very copious and very clear. There is a great ſtraitneſs of the breaſt, with difficulty of breathing; violent palpitations of the heart; ſudden fluſhings of heat in various parts of the body; at other times a ſenſe of cold, as if water were poured on them; flying pains in the arms and limbs, pains in the back and belly, reſembling thoſe occaſioned by gravel; the pulſe is very variable, ſometimes uncommonly ſlow, and at other times very quick; yawning, the hiccup, frequent

ſighing,

ſighing, and a ſenſe of ſuffocation, as if from a ball or lump in the throat; alternate fits of crying and convulſive laughing; the ſleep is unſound and ſeldom refreſhing; and the patient is often troubled with the night mare.

As the diſeaſe increaſes, the patient is moleſted with head-achs, cramps, and fixed pains in various parts of the body; the eyes are clouded, and often affected with pain and dryneſs; there is a noiſe in the ears, and often a dulneſs of hearing; in ſhort, the whole animal functions are impared. The mind is diſturbed on the moſt trivial occaſions, and is hurried into the moſt perverſe commotions, inquietudes, terror, ſadneſs, anger, diffidence, &c. The patient is apt to entertain wild imaginations, and extravagant fancies; the memory becomes weak, and the judgment fails!

Nothing is more characteriſtic of this diſeaſe than a conſtant dread of death. This renders thoſe unhappy perſons who labour under it peeviſh, fickle, impatient, and apt to run from one phyſician to another; which is one reaſon why they ſeldom reap any benefit from medicine, as they have not ſufficient reſolution to perſiſt in any one courſe till it has time to produce its proper effects. They are alſo apt to imagine that they labour under diſeaſes from which they are quite free; and are very angry if any one attempts to ſet them right, or laugh them out of their ridiculous notions.

Perſons afflicted with nervous diſeaſes ought never to faſt long. Their food ſhould be ſolid and nouriſhing, but of eaſy digeſtion. Fat meats and heavy ſauces are hurtful. All exceſs ſhould be carefully avoided. They ought never to eat more than they can eaſily digeſt; but if they feel themſelves weak and faint between meals, they ought to eat a bit of bread, and drink a glaſs of wine. Heavy ſuppers are to be avoided. Though wine in exceſs enfeebles the body, and impairs the faculties of the mind, yet taken in moderation, it ſtrengthens the ſtomach, and promotes digeſtion. Wine and water is a very proper drink at meals

meals; but if the wine ſours on the ſtomach, or the patient is much troubled with wind, brandy and water will anſwer better. Every thing that is windy or hard of digeſtion muſt be avoided. All weak and warm liquors are hurtful—as tea, coffee, punch, &c. People may find a temporary relief in the uſe of theſe, but they always increaſe the malady, as they weaken the ſtomach, and hurt digeſtion. Above all things Drams are to be avoided. Whatever immediate eaſe the patient may feel from the uſe of ardent ſpirits, they are ſure to aggravate the malady, and prove certain poiſons at laſt! Theſe cautions are the more neceſſary, as moſt nervous people are peculiarly fond of tea and ardent ſpirits; to the uſe of which many of them fall victims!

Exerciſe in nervous diſorders is ſuperior to all medicines. Riding on horſeback is generally eſteemed the beſt, as it gives motion to the whole body without fatiguing it. Walking agrees better with ſome patients, while others are moſt benefited by riding in a carriage. Every one ſhould uſe that which he finds moſt beneficial. Long ſea-voyages have an excellent effect; and to thoſe who have ſufficient reſolution, we would by all means recommend this courſe. Even change of place, and the ſight of new objects, by diverting the mind, have a great tendency to remove theſe complaints. For this reaſon a long journey, or a voyage, is of much more advantage than ſhort excurſions near home, which may not have ſufficient variety.

A cool and dry air is proper, as it braces and invigorates the whole body. Few things tend more to relax and enervate than hot air, eſpecially that which is rendered ſo by great fires, or ſtoves in ſmall apartments. But when the ſtomach and bowels are weak, the body ought to be well guarded againſt cold, particularly in winter, by wearing a thin flannel waiſtcoat next the ſkin. This will keep up an equal perſpiration, defend the alimentary canal from many impreſſions to which it would otherwiſe be ſubject, upon every ſudden change from warm to cold weather. Rubbing the

body

body frequently with a fleſh-bruſh, or a courſe linen cloth, is alſo beneficial, as it promotes the circulation, perſpiration, &c. Perſons who have weak nerves ought to riſe early, and take exerciſe before breakfaſt, as lying too long a-bed cannot fail to relax the ſolids. They ought likewiſe to be as eaſy and cheerful as poſſible, as there is not any thing which hurts the nervous ſyſtem, or weakens the digeſtive powers, more than fear, grief, or anxiety.

Though nervous diſeaſes are ſeldom radically cured, yet their ſymptoms may ſometimes be alleviated, and the patient's life rendered at leaſt more comfortable by proper medicines.

When the patient is coſtive, he ought to take a little rhubarb, or ſome other mild purgative, and ſhould never ſuffer his body to be long bound. All ſtrong and violent purgatives are however to be avoided, as aloes, jalap, &c. In general an infuſion of ſenna and rhubarb in brandy anſwers very well. This may be made of any ſtrength, and taken in ſuch quantity as the patient finds neceſſary. When digeſtion is bad, or the ſtomach relaxed and weak, the following infuſion may be uſed with advantage:

Take of Peruvian bark an ounce, gentian root, orange-peel, and coriander-ſeed, of each half an ounce; let theſe ingredients be all bruiſed in a mortar, and infuſed in a bottle of brandy or rum, for the ſpace of five or ſix days. A table-ſpoonful of the ſtrained liquor may be taken in half a glaſs of water, an hour before breakfaſt, dinner, and ſupper.

Few things tend more to ſtrengthen the nervous ſyſtem than cold bathing. This practice, if duly perſiſted in, will produce very extraordinary effects; but when the liver or other viſcera are obſtructed, or otherwiſe unſound, the cold bath is improper. It is therefore to be uſed with very great caution. The moſt proper ſeaſons for it are ſummer and autumn. It will be ſufficient, eſpecially for perſons of a ſpare habit, to go into the cold bath three or four times a-week. If the patient be weakened by it, or feels chilly

chilly for a long time after coming out, it is improper.

Patients afflicted with wind, receive the greateſt benefit from the elixir of vitriol. It may be taken in the quantity of fifteen, twenty, or thirty drops, twice or thrice a-day, in a glaſs of water. This both expels wind, ſtrengthens the ſtomach, and promotes digeſtion.

Opiates are generally extolled in theſe maladies; but as they only palliate the ſymptoms and generally afterwards increaſe the diſeaſe, we would adviſe people to be extremely ſparing in the uſe of them, leſt habit render them at laſt abſolutely neceſſary.

It would be an eaſy matter to enumerate many medicines which have been extolled for relieving nervous diſorders; but whoever wiſhes for a thorough cure, muſt expect it from regimen alone; we ſhall therefore omit mentioning more medicines, and again recommend the ſtricteſt attention to Diet, Air, Exerciſe, and Amuſements.

MELANCHOLY,

Is that ſtate of alienation or weakneſs of mind which renders people incapable of enjoying the pleaſures, or performing the duties of life. It is a degree of inſanity, and often terminates in abſolute madneſs.

It may proceed from an hereditary diſpoſition; intenſe thinking, eſpecially where the mind is long occupied about one object; violent paſſions or affections of the mind, as love, fear, joy, grief, pride and ſuch like. It may alſo be occaſioned by exceſſive venery; narcotic or ſtupefactive poiſons; a ſedentary life; ſolitude; the ſuppreſſion of cuſtomary evacuations; acute fevers; or other diſeaſes. Violent anger will change melancholy into madneſs; and exceſſive cold, eſpecially of the lower extremities, will force the blood into the brain, and produce all the ſymptoms of madneſs. It may likewiſe proceed from the uſe of aliment that is hard of digeſtion, or which cannot

not be eaſily aſſimilated; from a callous ſtate of the integuments of the brain, or a dryneſs of the brain itſelf. To all which we may add gloomy and miſtaken notions of religion.

When perſons begin to be melancholy, they are timorous; watchful; fond of ſolitude; fretful; fickle; captious and inquiſitive; ſolicitous about trifles; ſometimes niggardly, and at other times prodigal. The body is generally bound; the urine thin, and in ſmall quantity; the ſtomach and bowels inflated with wind; the complexion pale; the pulſe ſlow and weak. The functions of the mind are alſo greatly perverted, inſomuch that the patient often imagines himſelf dead, or changed into ſome other animal. Some have imagined their bodies were made of glaſs, or other brittle ſubſtances, and were afraid to move, leſt they ſhould be broken to pieces. The unhappy patient, in this caſe, unleſs carefully watched, is apt to put an end to his own miſerable life.

When the diſeaſe is owing to an obſtruction of cuſtomary evacuations, or any bodily diſorder, it is eaſier cured than when it proceeds from affections of the mind, or an hereditary taint. A diſcharge of blood from the noſe, looſeneſs, ſcabby eruptions, the bleeding piles, or the menſes, ſometimes carry off this diſeaſe.

The diet ſhould conſiſt chiefly of vegetables of a cooling and opening quality. Animal food, eſpecially ſalted or ſmoke-dried fiſh or fleſh, ought to be avoided. All kinds of ſhell-fiſh are bad. Aliments prepared with onions, garlic, or any thing that generates thick blood, are likewiſe improper. All kinds of fruits that are wholeſome may be eaten with advantage. Boerhaave gives an inſtance of a patient who, by a long uſe of whey, water, and garden-fruit, recovered, after having evacuated a great quantity of black-coloured matter.

Strong liquors of every kind ought to be avoided as poiſon. The moſt proper drink is water, whey, or very ſmall beer. Tea and coffee are improper. If

honey agrees with the patient, it may be eaten freely, or his drink may be ſweetened with it. Infuſions of balm-leaves, penny-royal, the roots of wild valerian, or the flowers of the lime tree, may be drank freely, either by themſelves, or ſweetened with honey, as the patient ſhall chuſe.

The patient ought to take as much exerciſe in the open air as he can bear. This helps to diſſolve the viſcid humours, it removes obſtructions, promotes the perſpiration, and all the other ſecretions. Every kind of madneſs is attended with a diminiſhed perſpiration; all means ought therefore to be uſed to promote that neceſſary and ſalutary diſcharge. Nothing can have a more direct tendency to increaſe the diſeaſe than confining the patient to a cloſe apartment. Were he forced to ride or walk a certain number of miles every day, it would tend greatly to alleviate his diſorder; but it would have ſtill a better effect, if he were obliged to labour a piece of ground. By digging, hoeing, planting, ſowing, &c. both the body and mind would be exerciſed. A long journey, or a voyage, eſpecially towards a warmer climate, with agreeable companions, have often very happy effects. A plan of this kind, with a ſtrict attention to diet, is a much more rational method of cure, than confining the patient within doors and plying him with medicines.

In the cure of this diſeaſe particular attention muſt be paid to the mind. When the patient is in a low ſtate, his mind ought to be ſoothed and diverted with variety of amuſements, as entertaining ſtories, paſtimes, muſic, &c. This ſeems to have been the method of curing melancholy among the Jews, as we learn from the ſtory of King Saul; and indeed it is a very rational one. Nothing can remove diſeaſes of the mind ſo effectually as applications to the mind itſelf, the moſt efficacious of which is muſic. The patient's company ought alſo to conſiſt of ſuch perſons as are agreeable to him. People in this ſtate are apt to conceive unaccountable averſions againſt particular perſons;

perſons: and the very ſight of ſuch perſons is ſufficient to diſtract their minds, and throw them into the utmoſt perturbation.

When the patient is high, evacuations are neceſſary. In this caſe he muſt be bled, and have his body kept open by purging medicines, as manna, rhubarb, or cream of tartar; the ſoluble tartar is preferable and may be taken in the doſe of half an ounce, diſſolved in water-gruel, every day, for ſeveral weeks, or even for months, if neceſſary. More or leſs may be given according as it operates. Vomits have alſo a good effect; but they muſt be pretty ſtrong, otherwiſe they will not operate.

Whatever increaſes the evacuation of urine or promotes perſpiration, has a tendency to remove this diſeaſe. Both theſe ſecretions may be promoted by the uſe of nitre and vinegar Half a dram of purified nitre may be given three or four times a-day in any manner that is moſt agreeable to the patient; and an ounce and a half of diſtilled vinegar may be daily mixed with his drink. Dr. Locker ſeems to think vinegar the beſt medicine that can be given in this diſeaſe.

Camphire and muſk have alſo been uſed in this caſe with advantage. Ten or twelve grains of camphire may be rubbed in a mortar with half a dram of nitre, and taken twice a-day, or oftener, if the ſtomach will bear it. If it will not ſit upon the ſtomach in this form, it may be made into pills with gum aſafœtida and Ruſſian caſtor, and taken in the quantity above directed. If muſk is to be adminiſtered, a ſcruple or twenty-five grains of it may be made into a bolus with a little honey or common ſyrup, and taken twice or thrice a-day. We do not mean that all theſe medicines ſhould be adminiſtered at once; but whichever of them is given, muſt be duly perſiſted in, and where one fails another may be tried.

As it is very difficult to induce patients in this diſeaſe to take medicines, we ſhall mention a few outward applications which ſometimes do good; the

principal of theſe are iſſues, ſetons, and warm bathing. Iſſues may be made in any part of the body, but they generally have the beſt effect near the ſpine. The diſcharge from theſe may be greatly promoted by dreſſing them with the mild bliſtering ointment, and keeping what are commonly called the orrice peaſe in them. The moſt proper place for a ſeton is between the ſhoulder-blades: and it ought to be placed upwards and downwards, or in the direction of the ſpine.

THE PALSY

Is a loſs or diminution of ſenſe or motion, or of both, in one or more parts of the body. Of all the affections called nervous, this is the moſt ſuddenly fatal. It is more or leſs dangerous, according to the importance of the part affected. A palſy of the heart, lungs, or any part neceſſary to life, is mortal. When it affects the ſtomach, the inteſtines, or the bladder, it is highly dangerous. If the face be affected, the caſe is bad, as it ſhews that the diſeaſe proceeds from the brain. When the part affected feels cold, is inſenſible, or waſtes away, or when the judgment and memory begin to fail, there is ſmall hope of a cure.

The immediate cauſe of palſy is any thing that prevents the regular exertion of the nervous power upon any particular muſcle or part of the body. The occaſional and prediſpoſing cauſes are various, as drunkenneſs; wounds of the brain, or ſpinal marrow; preſſure upon the brain, or nerves; very cold or damp air; the ſuppreſſion of cuſtomary evacuations; ſudden fear; want of exerciſe; or whatever greatly relaxes the ſyſtem, as drinking much tea or coffee. The palſy may likewiſe proceed from wounds of the nerves themſelves, from the poiſonous fumes of metals or minerals, as mercury, lead, arſenic, &c.

Many people imagine, that tea has no tendency to hurt the nerves, and that drinking the ſame quantity of

of warm water would be equally pernicious. Dr. Buchan and others affirm this however to be a miſtake. Many perſons drink three or four cups of warm milk and water with ſugar daily, without feeling any bad conſequences; yet the ſame quantity of tea will make their hands ſhake for twenty-four hours. That tea affects the nerves, is alſo evident from its preventing ſleep, occaſioning giddineſs, dimneſs of the ſight, ſickneſs, &c.

In young poſons of a full habit, the palſy muſt be treated in the ſame manner as the ſanguine apoplexy. The patient muſt be bled, bliſtered, and have his body opened by ſharp clyſters or purgative medicines. But in old age or when the diſeaſe proceeds from relaxation or debility, which is generally the caſe, a quite contrary courſe muſt be purſued. The diet muſt be warm and invigorating, ſeaſoned with ſpicy and aromatic vegetables, as muſtard, horſe-radiſh, &c. The drink may be generous wine, muſtard-whey, or brandy and water. Friction with the fleſh bruſh, or a warm hand, is extremely proper, eſpecially on the part affected. Bliſtering-plaſters may alſo be applied to the affected parts with advantage. When this cannot be done, they may be rubbed with the volatile liniment, or the nerve ointment of the Edinburgh diſpenſatory. One of the beſt external applications is electricity. The ſhocks, or rather vibrations, ſhould be received on the part affected; and they ought daily to be repeated for ſeveral weeks.

Vomits are very beneficial in this kind of palſy, and ought frequently to be adminiſtered. Cephalic ſnuff, or any thingt hat makes the patient ſneeze, is alſo of uſe. If the tongue is affected, the patient may gargle his mouth often with brandy and muſtard; or he may hold a bit of ſugar in his mouth wet with the palſy-drops or compound ſpirits of lavender. The wild valerian-root is very proper: it may either be taken in an infuſion with ſage-leaves, or half a dram of it in powder may be given in a glaſs of wine three or four times a-day. A table-ſpoonful of muſtard-ſeed taken frequently

is

is a very good medicine. The patient ought alſo to chew cinnamon, ginger, or other warm ſpiceries.

Exerciſe is of the utmoſt importance in the palſy; but the patient muſt beware of cold, damp, and moiſt air. He ought to wear flannel next his ſkin; and, if poſſible, ſhould remove into a warmer climate.

THE EPILEPSY, OR FALLING SICKNESS

Is a ſudden deprivation of all the ſenſes, wherein the patient falls ſuddenly down, and is affected with violent convulſive motions. Children, eſpecially thoſe who are delicately brought up, are moſt ſubject to it. It more frequently attacks men than women, and it is very difficult to cure. When the epilepſy attacks children, there is reaſon to hope it may go off about the time of puberty. When it attacks any perſon after twenty years of age the cure is difficult; but when after forty, a cure is hardly to be expected. If the fit continues only a ſhort ſpace, and returns ſeldom, there is reaſon to hope; but if it continues long, and returns often, the proſpect is bad. It is a very unfavourable ſymptom when the patient is ſeized with the fits in his ſleep.

The epilepſy is ſometimes hereditary. It may alſo proceed from blows, bruiſes, or wounds in the head; a collection of water, blood, or ſerious humours in the brain; a polypus; tumours or concretions within the ſkull; exceſſive drinking; intenſe ſtudy; exceſs of venery; worms; teething; ſuppreſſion of cuſtomary evacuations; too great emptineſs or repletion; violent paſſions, as fear, joy, &c.; hyſteric affections; contagion received into the body, as the infection of the ſmall-pox, meaſles, &c.

An epileptic fit is generally preceded by unuſual wearineſs; pain of the head; dulneſs; giddineſs; dimneſs of ſight; palpitation of the heart; diſturbed ſleep; difficult breathing; the bowels are inflated with wind; the urine is in great quantity, but thin; the complexion is pale; the extremities are cold; and the patient often

often feels, as it were a ſtream of cold air aſcending towards his head.

In the fit, the patient generally makes an unſual noiſe; his thumbs drawn in towards the palms of his hands; his eyes are diſtorted; he ſtarts, and foams at the mouth; his extremities are bent or twiſted various ways; he often diſcharges his ſemin, urine, and fæces involuntarily; and is quite deſtitute of all ſenſe and reaſon. After the fit is over, his ſenſes gradually return, and he complains of a kind of ſtupor, wearineſs, and pain of his head; but has no remembrance of what happened to him during the fit.

This diſeaſe, from the difficulty of inveſtigating its cauſes, and its ſtrange ſymptoms, was formerly attributed to the wrath of the gods, or the agency of evil ſpirits. In modern times it has often, by the vulgar, been imputed to witchcraft and faſcination. It depends however as much upon natural cauſes as any other malady; and its cure may often be effected by perſiſting in the uſe of proper means.

Epileptic patients ought, if poſſible, to breathe a pure and free air. Their diet ſhould be light and nouriſhing. They ought to drink nothing ſtrong, to avoid ſwine's fleſh, water-fowl; all windy and oily vegetables, as cabbage, nuts, &c. They ought to keep themſelves cheerful, carefully guarding againſt all violent paſſions, as anger, fear, exceſſive joy, &c.

Exerciſe is of very great uſe; but the patient muſt be careful to avoid all extremes of either heat or cold, all dangerous ſituations, as ſtanding upon precipices, riding, deep waters, and ſuch like.

The intentions of cure muſt vary according to the cauſes of the diſeaſe. If the patient be of a ſanguine temperament, and there be reaſon to fear an obſtruction in the brain, bleeding and other evacuations will be neceſſary. When the diſeaſe is occaſioned by the ſtoppage of cuſtomary evacuations, theſe, if poſſible, muſt be reſtored; if this cannot be done, others may be ſubſtituted in their place. Iſſues or ſeatons in this caſe have often a very good effect.

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When there is reaſon to believe that the diſeaſe proceeds from worms, proper medicines muſt be uſed to kill, or carry off theſe vermin. When the diſeaſe proceeds from teething, the body ſhould be kept open by emollient clyſters, the feet frequently bathed in warm water, and if the fits proves obſtinate, a bliſtering-plaſter may be but between the ſhoulders. The ſame method is to be followed, when epileptic fits precede the eruption of the ſmall-pox, or meaſles, &c.

When the diſeaſe is hereditary, or proceeds from a wrong formation of the brain, a cure is not to be expected. When it is owing to a debility, or too great an irritability of the nervous ſyſtem, ſuch medicines as tend to brace and ſtrengthen the nerves may be uſed, as the Peruvian bark, and ſteel; or the anti-epileptic electuaries, recommended by Fuller and Mead, in the end of this volume.

The epilepſy has been cured by electricity.

Convulſion-fits proceed from the ſame cauſes, and muſt be treated in the ſame manner as the epilepſy.

There is one particular ſpecies of convulſion-fits which commonly goes by the name of St. Vitus's dance. wherein the patient is agitated with ſtrange motions and geſticulations, which by ignorant people is believed to be the effect of witchcraft. This diſeaſe may be cured by repeated bleedings and purges; and afterwards uſing the medicines preſcribed above for the epilepſy, viz. the Peruvian bark and ſnake root, &c. Chalybeate waters are found to be beneficial in this caſe. The cold bath is alſo of ſingular ſervice, and ought never to be neglected when the patient can bear it.

THE HICCUP

Is a ſpaſmodic or convulſive affection of the ſtomach and midriff, ariſing from any cauſe that irritates their nervous fibres.

It may proceed from exceſs in eating or drinking; from a hurt in the ſtomach; poiſons; inflammations or tumours

tumours of the ſtomach, inteſtines, bladder, or the reſt of the viſcera? In gangrenes, acute and malignant fevers, a hiccup is often the forerunner of death.

When the hiccup proceeds from a mortification, the Peruvian bark, with the other anti-ſeptics, are the only medicines which have a chance to ſucceed. When it is a primary diſeaſe, and proceeds from a foul ſtomach, loaded either with a pituitous or a bilious humour, a gentle vomit and purge, if the patient can bear them, will be of ſervice. If it ariſes from flatulencies, the carminative medicines, as directed for the heart-burn, muſt be uſed.

When it proves very obſtinate, recourſe muſt be had to the moſt powerful aromatic and antiſpſamodic medicines. The beſt of theſe is muſk; fifteen or twenty grains of which may be made into a bolus, and repeated occaſionally. Opiates are alſo of ſervice; but they muſt be uſed with caution. A bit of ſugar dipped in compound ſpirits of lavender, or the volatile aromatic tincture, may be taken frequently. External applications are ſometimes beneficial; as the ſtomachic plaſter, or a cataplaſm of Venice treacle of the London or Edinburgh diſpenſatory, applied to the ſtomach.

When the hiccup is occaſioned by violent exerciſe, it may be removed by taking a little vinegar. When it is the effect of having eaten meat that is hard of digeſtion, and which had not been properly chewed before it was ſwallowed, a few drops of the oil of vitriol taken in water, will be found to have good effect.

CRAMP OF THE STOMACH

Often ſeizes people ſuddenly, is very dangerous, and requires immediate aſſiſtance. It is moſt incident to perſons in the decline of life, eſpecially the nervous, gouty, hyſteric, and hypochrondriac.

If the patient has any inclication to vomit, he ought to take ſome draughts of warm water, or weak camomile-tea, to cleanſe his ſtomach. After this, if he has been coſtive, a laxative clyſter may be given. He

ought then to take laudanum. The beſt way of adminiſtering it is in a clyſter. Sixty or ſeventy drops of liquid laudanum may be given in a clyſter of warm water. This is much more certain than laudanum given by the mouth, which is often vomited and in ſome caſes increaſes the pain in the ſtomach.

If the pain and cramps return with great violence, after the effects of the anodyne clyſter are over, another with an equal or larger quantity of opium may be given; and every four or five hours a bolus, made of ten or twelve grains of muſk, and half a dram of the Venice treacle.

In the mean time, the ſtomach ought to be fomented with cloths dipped in warm water, or bladders filled with warm milk and water ſhould be conſtantly applied to it: theſe often produce the moſt happy effects. The anodyne balſam may alſo be rubbed on the part affected; and the anty-hyſteric plaſter worn upon it for ſome time after the cramps are removed, to prevent their return.

In very violent and laſting pains of the ſtomach, ſome blood ought to be let, unleſs the weakneſs of the patient forbids it. When the pain or cramps proceed from a ſuppreſſion of the menſes, bleeding is of uſe. If they be owing to the gout, recourſe muſt be had to ſpirits, or ſome of the warm cordial waters. Bliſtering plaſters ought alſo in this caſe to be applied to the ancles. Violent cramps and pains of the ſtomach are often removed by covering it with a large plaſter of Venice treacle.

THE NIGHT MARE

Has been ſuppoſed to proceed from too much blood; from a ſtagnation of blood in the brain, lungs, &c, But it is a nervous affection, and ariſes chiefly from indigeſtion: hence we find that people of weak nerves, who lead a ſedentary life, and live full, are moſt commonly affected with the night mare. Nothing tends more to produce it than heavy ſuppers, eſpecially when

when eaten late, or the patient goes to bed ſoon after. Wind is alſo a very frequent cauſe of this diſeaſe; for which reaſon thoſe who are afflicted with it ought to avoid all flatulent food. Deep thought, anxiety, or any thing that oppreſſes the mind, ought alſo to be avoided.

As perſon afflicted with the night mare generally moan, or make ſome noiſe in the fit, they ſhould be waked, or ſpoken to by ſuch as hear them, as the uneaſineſs generally goes off as ſoon as the patient is awaked.

We would recommend the uſe of food of eaſy digeſtion, cheerfulneſs, exerciſe through the day, and a light ſupper taken early, as the beſt preſervative from this diſeaſe. Such as are very ſubject to it, ought not to eat any ſupper. A glaſs of pepperment-water has often a good effect in windy complaints.

Perſons who are young, and full of blood, if troubled with the night mare, ought to take a purge frequently, and uſe a ſpare diet.

SWOONINGS, OR FAINTING FITS

Are ſeldom dangerous when duly attended to; but when wholly neglected, or improperly treated, they often prove hurtful, and ſometimes fatal.

The general cauſes of ſwoonings are, ſudden tranſition from cold to heat, breathing air that is deprived of its proper ſpring or elaſticity, great fatigue, exceſſive weakneſs, loſs of blood, long faſting, violent paſſions—as fear, grief, &c.

It is well known, that perſons who have been long expoſed to cold, often faint or fall into a ſwoon, upon coming into the houſe, eſpecially if they drink hot liquor, or ſit near a large fire. This might eaſily be prevented by people taking care not to go into a warm room immediately after they have been expoſed to the cold air, to approach the fire gradually, and not to eat or drink any thing hot, till the body be brought into a moderately warm temperature.

When any one, in conſequence of neglecting theſe precautions, falls into a ſwoon, he ought immediately to be removed to a cooler apartment, to have ligatures applied above his knees and elbows, and to have his hands and face ſprinkled with vinegar or cold water. He ſhould alſo be made to ſmell to vinegar, and ſhould have a ſpoonful or two of water, if he can ſwallow, with about a third part of vinegar mixed with it, poured into his mouth. If theſe ſhould not remove the complaint, it will be neceſſary to bleed the patient, and afterwards give him a clyſter.

As the air that is breathed frequently loſes its elaſticity or ſpring, it is no wonder if perſons who reſpire in it often fall into a ſwoon or fainting fit. They are in this caſe deprived of the very principle of life! hence it is that fainting fits are ſo frequent in crowded aſſemblies, eſpecially in hot ſeaſons. Such fits, however, muſt be conſidered as a kind of temporary death; and, to the weak and delicate, they ſometimes prove fatal! They ought therefore with the utmoſt care to be guarded againſt. The method of doing this is obvious. Let aſſembly-rooms, and all other places of public reſort, be large and well ventilated; and let the weak and delicate avoid ſuch places, particularly in warm ſeaſons.

A perſon who faints in ſuch a ſituation, ought immediately to be carried into the open air; his temples ſhould be rubbed with ſtrong vinegar or brandy, and volatile ſpirits or ſalts held to his noſe. He ſhould be laid upon his back with his head low, and have a little wine, or ſome other cordial, as ſoon he can ſwallow, pour ed into his mouth. If the perſon has been ſubject to hyſteric fits, caſtor or aſafœtida ſhould be applied to the noſe, or burnt feathers, horn, leather, &c.

When fainting fits proceed from mere weakneſs or exhauſtion, which is often the caſe after great fatigue, long faſting, loſs of blood, or the like, the patient muſt be ſupported with generous cordials, as jellies, wines, and ſuch like. Theſe however muſt be given in very ſmall quantities, and increaſed gradually as the

the patient is able to bear them. He ought to be allowed to lie quite ſtill and eaſy upon his back, with his head low, and ſhould have freſh air admitted into his chamber. His food ſhould conſiſt of nouriſhing broths, ſago with wine, new milk, and other things of a light and cordial nature. Theſe are to be given out of the fit. All that can be done in the fit is, to let him ſmell to a bottle of Hungary-water, or ſpirits of hartſhorn, and to rub his temples with warm brandy.

In fainting fits that proceed from fear, grief, &c. the patient muſt be very cautiouſly managed. He ſhould be ſuffered to remain at reſt, and only made to ſmell ſome vinegar. After he is come to himſelf he may drink freely of warm lemonade, or balm-tea with ſome orange or lemon peel in it. It will alſo be proper, if the fainting fits have been long and ſevere, to clean the bowels by throwing in an emollient clyſter.

It is common in fainting fits, from whatever cauſe they proceed, to bleed the patient. This practice may be very proper in ſtrong perſons of a full habit; but in thoſe who are weak and delicate, or ſubject to nervous diſorders it is very dangerous. The proper method with ſuch people is, to expoſe them to the free air, and to uſe cordial and ſtimulating medicines, as volatile ſalts, ſpirits of lavender, hartſhorn, tincture of caſtor, and the like.

FLATULENCIES, OR WIND

In the ſtomach and bowels, ariſe chiefly from want of tone or vigor in theſe organs. Crude flatulent aliment, as green peas, beans, coleworts, cabbages, &c. may increaſe this complaint; but ſtrong and healthy people are ſeldom troubled with wind, unleſs they either overload their ſtomachs, or drink liquors that are in a fermenting ſtate, and conſequently full of elaſtic air. While therefore the matter of flatulence proceeds from our aliments, the cauſe which makes air ſeparate from them in ſuch quantity as to occaſion complaints, is almoſt always a fault of the bowels themſelves, which

which are too weak either to prevent the production of elaſtic air, or to expel it after it is produced.

To relieve this complaint, ſuch medicines ought to be uſed as tend to expel wind, and by ſtrengthening the alimentary canal, prevent its being produced.

The medicines for expelling wind are very numerous; the following are the moſt celebrated among the claſs of carminatives—as juniper-berries, ginger, zedoary, carraway, coriander and aniſeeds, aſafœtida, opium, laudanum, æther, &c.

Eating a dry biſcuit, eſpecially when the ſtomach is empty, is excellent, as well for this as all other complaints, ariſing from flatulence, indigeſtion, &c.

Dr Whytt ſays he found no medicine more efficacious in expelling wind than æther and laudanum. He generally gave the laudanum in a mixture with peppermint-water, tincture of caſtor, and ſweet ſpirits of nitre. Sometimes, in place of this, he gave opium in pills with aſafœtida. He obſerves that the good effects of opiates are equally conſpicuous, whether the flatulence be contained in the ſtomach or inteſtines; whereas thoſe warm medicines, commonly called carminatives, do not often give immediate relief, except when the wind is in the ſtomach. The doctor ſays, he has often ſeen good effects from æther in flatulent complaints where other medicines have failed. The doſe is a tea-ſpoonful mixed with a little water.

For ſtrengthening the ſtomach and bowels, and conſequently for leſſening the production of flatulence, the doctor recommends the Peruvian bark, bitters, chalybeates, and exerciſe. In flatulent caſes, he thinks ſome nutmeg or ginger ſhould be added to the tincture of the bark and bitters, and that the aromatic powder ſhould be joined with the filings of iron.

When windy complaints are attended with coſtiveneſs, which is often the caſe, few things will be found to anſwer better than four or five of the following pills taken every night at bed-time:—take of aſafœtida two drams, ſuccotrine aloes, ſalt of iron, and powdered ginger, of each one dram; as much of the elixir proprietatis as will form them into pills. When

When the body is too open, twelve or fifteen grains of rhubarb, with half a dram of the Japonic confection, given every other night, will have very good effects.

In thoſe flatulent complaints which come on about the time the menſes ceaſe, repeated ſmall bleedings often give more relief than any other remedy.

With regard to diet, the Doctor obſerves, that tea, and likewiſe all flatulent aliments are to be avoided; and that for drink, water with a little brandy or rum is not only preferable to malt liquor, but in moſt caſes alſo to wine. An infuſion of ginger, ſweetened with honey or ſugar, has good effects in this complaint.

Exerciſe is by no means to be negected in this complaint, as it is generally ſuperior to all medicine, both for preventing the production, and alſo for expelling of flatulences. Theſe effects, however, are not to be expected from ſauntering about, or lolling in a carriage; but from labour, or ſuch active amuſements as give exerciſe to every part of the body.

LOW SPIRITS

Are chiefly occaſioned by a weak ſtate of the nerves. Generous diet, the cold bath, exerciſe, with a due regard to temperance, with an even and cheerful temper of mind, are the beſt means, not only to prevent but alſo to remove this complaint.

When low ſpirits are owing to a relaxed ſtate of the ſtomach and bowels, an infuſion of the Peruvian bark with cinnamon will be proper. Steel joined with aromatics may alſo be uſed with advantage; but riding, and a proper diet, are moſt to be depended on.

When they ariſe from a foulneſs of the ſtomach and inteſtines, or obſtruction in the hypochondriac viſcera, aloetic purges will be proper.

When low ſpirits proceed from a ſuppreſſion of the menſtrual or of the hæmorrhoidal flux, theſe evacuation may either reſtored or ſome others ſubſtitued in their place—as iſſues, ſeatons, or the like.

When

When they are brought on by long continued grief, anxiety, or other diſtreſs of mind, agreeable company, variety of amuſements, and change of place, eſpecially travelling, will afford the moſt certain relief.

Perſons afflicted with low ſpirits ſhould avoid all kinds of exceſs, eſpecially of venery and ſtrong liquors. The moderate uſe of wine and other liquors is by no means hurtful; but when taken largely they weaken the ſtomach, vitiate the humours, and depreſs the ſpirits. This caution is the more neceſſary, as the unfortunate and melancholy often fly to ſtrong liquors for relief, by which means they never fail to parcipitate their own deſtruction!

HYSTERIC AFFECTIONS

Are of the numerous tribe of nervous diſeaſes, which may be juſtly reckoned the reproach of medicine. Women of a delicate habit, whoſe ſtomach and inteſtines are relaxed, and whoſe nervous ſyſtem is extremely ſenſible, are moſt ſubject to hyſteric complaints. In ſuch perſons an hyſteric fit, as it is called, may be brought on by an irritation of the nerves of the ſtomach or inteſtines, by wind, acrid humour, or the like. A ſudden ſuppreſſion of the menſes often gives riſe to hyſteric fits, They may alſo be excited by fear, grief, anger, or great diſappointments.

The hyſteric fit ſometimes reſembles a ſwoon or fainting fit, during which the patient lies as in a ſleep, only the breathing is ſo low as ſcarce to be perceived. At other times the patient is affected with catchings and ſtrong convulſions The ſymptoms which precede hyſteric fits are likewiſe various in different perſons. Sometimes the fits come on with coldneſs of the extremities, yawning and ſtretching, lowneſs of ſpirits, oppreſſion and anxiety: or by a feeling, as if there were a ball at the lower part of the belly, which gradually riſes towards the ſtomach, where it occaſions inflation, ſickneſs, and ſometimes vomiting;

vomiting; afterwards it riſes into the gullet, and occaſions a degree of ſuffocation, to which quick breathing, palpitation of the heart, giddineſs of the head, dimneſs of the ſight, loſs of hearing, with convulſive motions of the extremities and other parts of the body, ſucceed. The hyſteric paroxyſm is often introduced by an immoderate fit of laughter, and ſometimes it goes off by crying. Indeed there is not much difference between the laughing and crying of an highly hyſteric lady.

Our aim in the treatment of this diſeaſe muſt be to ſhorten the fit or paroxyſm when preſent, and to prevent its return. The longer the fits continue, and the more frequently they return, the diſeaſe becomes the more obſtinate. Their ſtrength is increaſed by habit, and they induce ſo great a relaxation of the ſyſtem, that it is with great difficulty removed.

It is cuſtomary, during the hyſteric fit to bleed the patient. In ſtrong perſons of a plethoric habit, and where the pulſe is full, this may be proper; but in weak and delicate conſtitutions, or where the diſeaſe has been of long ſtanding, or ariſes from inanition, it is not ſafe. The beſt courſe in ſuch caſes is to rouſe the patient by ſtrong ſmells, as burnt feathers, aſafœtide, or ſpirits of hartſhorn, held to the noſe. Hot bricks may alſo be applied to the ſoles of the feet, and the legs, arms, and belly may be ſtrongly rubbed with a warm cloth. But the beſt application is to put the feet and legs into warm water. This is peculiarly proper when the fits precede the flow of the menſes. In caſe of coſtiveneſs, a laxative clyſter with aſafœtida will be proper; and as ſoon as the patient can ſwallow, two table-ſpoonfuls of a ſolution of aſafœtida, or of ſome cordial julep, may be given.

The radical cure of this diſorder will be beſt attempted at a time when the patient is moſt free from the fits. It will be greately promoted by a proper attention to diet. A milk and vegetable diet, when

duly perfifted in, will often perform a cure. If however the patient has been accuftomed to a more generous diet, it will not be fafe to leave it off all at once, but by degrees. The moft proper drink is water with a fmall quantity of fpirits. A cool dry air is the beft. Cold bathing and every thing that braces the nerves, and invigorates the fyftem, is beneficial; but lying too long in bed, or whatever relaxes the body, is hurtful. It is of the greateft importance to have the mind kept conftantly eafy and cheerful, and, if poffible, to have it always engaged in fome agreeable and intereffing purfuit.

The proper medicines are thofe which ftrengthen the alimentary canal and the whole nervous fyftem, as the preparations of iron, the Peruvian bark, and other bitters. Twenty drops of the elixir of vitriol, in a cup of the infufion of the bark, may be taken twice or thrice a-day. The chalybeate waters generally prove beneficial in this diforder.

If the ftomach is loaded with phlegm, vomits will be of ufe; but they fhould not be too ftrong, nor often repeated, as they tend to relax and weaken the ftomach. If there be a tendency to coftivenefs, it muft be removed either by diet, or by taking opening pills, till they produce effect.

To leffen the irritability of the fyftem, antifpafmodic medicines will be of ufe. The beft antifpafmodic medicines are mufk, opium, and caftor. When opium diſagrees with the ftomach, it may either be applied externally, or given in clyfters. It is often fucceſsful in removing thofe periodical head-achs to which hyfteric and hypochondriac patients are fubject, Caftor has in fome cafes been found to procure fleep where opium has failed; for which reafon Dr. Whytt adviſes, that they fhould be joined together. He alfo recommends the anti-hyfteric plafter to be applied to the abdomen.

Hyfteric women are often afflicted with cramps in various parts of the body, which are moft apt to ſeize them in bed, or when aſleep. The moft efficacious

medicines

medicines in this caſe are opium, bliſtering-plaſters, and warm bathing or fomentations. When the cramp or ſpaſm is very violent, opium is the remedy moſt to be depended on. In milder caſes, immerſing the feet and legs in warm water, or applying a bliſtering-plaſter to the part affected, will often be ſufficient to remove the complaint.

Cramps are often prevented or cured by compreſſion. Thus cramps in the legs are prevented, and ſometimes removed, by tight bandages; and when convulſions ariſe from a flatulent diſtention of the inteſtines, or from ſpaſms beginning in them, they may be often leſſened or cured by making a pretty ſtrong compreſſion upon the abdomen by means of a broad belt. A roll of brimſtone held in the hand is frequently uſed as a remedy for cramps. Though this ſeems to owe its effect chiefly to imagination, yet, as it ſometimes ſucceeds, it merits a trial. When ſpaſms or convulſive motions ariſe from ſharp humours in the ſtomach or inteſtines, no laſting relief can be procured till theſe are either corrected or expelled.

HYPOCHONDRIAC AFFECTIONS

Generally attacks the indolent, the luxurious, the unfortunate, and the ſtudious. It becomes daily more common in this country, owing, no doubt, to the increaſe of luxury and ſedentary employments. It has ſo near a reſemblance to the immediately preceding, that many authors conſider them as the ſame diſeaſe, and treat them accordingly. They require, however, a very different regimen; and the ſymptoms of the latter, though leſs violent, are more permanent than thoſe of the former.

Men of a melancholy temperament, whoſe minds are capable of great attention, and whoſe paſſions are not eaſily moved, are, in the advanced periods of life, moſt liable to this diſeaſe. It is uſually brought on by long and ſerious attention to abſtruſe ſubjects,

grief, the ſuppreſſion of cuſtomary evacuations, exceſs of venery, the ſtriking in of eruptions, long continued evacuations, obſtructions in ſome of the viſcera, as the liver, ſpleen, &c.

Hypochondriac perſons ought never to faſt long, and their food ſhould be ſolid and nouriſhing. All aceſcent and windy vegetables are to be avoided. Fleſh meats agree beſt with them, and their drink ſhould be old claret or good madeira. Should theſe diſagree with the ſtomach, water with a little brandy or rum in it may be drank.

Cheerfulneſs and ſerenity of mind are by all means to be cultivated. Exerciſe of every kind is uſeful. The cold bath is alſo beneficial; and, where it does not agree with the patient, frictions with the fleſh-bruſh or a coarſe cloth may be tried. If the patient has it in his power, he ought to travel either by ſea or land. A voyage or a long journey, eſpecially towards a warmer climate, will be of more ſervice than any medicine.

The general intentions of cure, in this diſeaſe, are to ſtrengthen the alimentary canal, and to promote the ſecretions. Theſe intentions will be beſt anſwered by the different preparations of iron and the Peruvian bark, which, after proper evacuations, may be taken in the ſame manner as directed in the preceding diſeaſe.

If the patient be coſtive, it will be neceſſary to make uſe of ſome gentle opening medicine, as pills compoſed of equal parts of aloes, rhubarb, and aſafœtida, with as much of the elixir proprietatis as is neceſſary to form the ingredients into pills. Two, three, or four of theſe may be taken as often as it ſhall be found needful, to keep the body gently open. Such as cannot bear the aſafœtida may ſubſtitute Spaniſh ſoap in its place.

With regard to diet, we ſhall only obſerve, that nervous diſeaſes may be induced either by exceſs or inanition. Both of theſe extremes hurt the digeſtion and vitiate the humours. When Nature is oppreſſed with

with freſh loads of food, before ſhe has had time to digeſt and aſſimilate the former meal, her powers are weakened, and the veſſels are filled with crude humours. On the other hand, when the food is not ſufficiently nouriſhing, or is taken too ſeldom, the bowels are inflated with wind, and the humours, for want of regular freſh ſupplies of wholeſome chyle, are vitiated. Theſe extremes are therefore with equal care to be avoided. They both tend to induce a relaxation and debility of the nervous ſyſtem, with all its dreadful train of conſequences.

But the moſt general cauſe of nervous diſorders is indolence. The active and laborious are ſeldom troubled with them. They are reſerved for the children of eaſe and affluence, who generally feel their keeneſt force. All we ſhall ſay to ſuch perſons is, that the means of prevention and cure are both in their own power. If the conſtitution of human nature be ſuch, that man muſt either labour or ſuffer diſeaſes, ſurely no individual has any right to expect an exemption from the general rule.

Thoſe however who are willing to take exerciſe, but whoſe occupations confine them to the houſe, and perhaps to an unfavourable poſture, really deſerve our pity. We have in a former part of the book endeavoured to lay down rules for their conduct; and ſhall only add, that where theſe cannot be complied with, their place may, in ſome meaſure, be ſupplied by the uſe of bracing and ſtrengthening medicines, as the Peruvian bark, with other bitters; the preparations of ſteel; the elixir of vitriol, and ſuch like.

CHAP.

CHAP. XXXVI.

Diſorders of the Senſes.

WE do not mean to treat of the nature of our ſenſations, or to give a minute deſcription of the various organs by which they are performed; but to point out ſome of the diſeaſes to which theſe organs are moſt liable, and to ſhew how they may be prevented or remedied.

THE EYE

Is ſubject to more diſeaſes than any organ of the body; nor is there any one of which the diſeaſes are more difficult to cure. Though more ignorant perſons pretend to cure theſe than any other claſs of diſeaſes; yet a very ſuperficial acquaintance with the ſtructure of the eye, and the nature of viſion, will be ſufficient to convince any one of the danger of truſting them to ignorant quacks, who, without all peradventure, put out more eyes than they cure. But, though the diſeaſes of the eye can ſeldom be cured, they might often, by due care, be prevented; and, even where the ſight is totally loſt, many things might be done, which are generally neglected, to render the unhappy perſon both more uſeful to himſelf and to ſociety.

The eyes are hurt by viewing bright or luminous objects; keeping the head too long in a hanging poſture; violent head-achs; exceſſive venery; the long uſe of bitters; the effluvia from acrid or volatile ſubſtances; various diſeaſes; as the ſmall-pox, meaſles, &c. but, above all, from night watching, and candle-light ſtudies. Long faſting is alſo hurtful to the eyes, and frequent heats and colds are no leſs pernicious. The eyes are often hurt by the ſtoppage of cuſtomary evacuations; as morning ſweats; ſweating of the feet; the menſes in women; and the bleeding

ing piles in men. All kinds of excefs are likewife hurtful to the fight, particularly the immoderate ufe of ardent fpirits and other ftrong liquors.

In all difeafes of the eyes, efpecially thofe attended with inflammation, the cool regimen ought to be obferved. The patient muft abftain from all fpirituous liquors. The fmoke of tobacco, fmoky rooms, the vapours of onions and garlic, and all vivid lights and glaring colours, are carefully to be avoided. The drink may be water, whey, or fmall beer; and the aliment muft be light and of eafy digeftion.

For preventing diforders of the eyes, iffues and fetons are of prime ufe. Every perfon, whofe eyes are tender, ought to have one or more of thefe in fome part of the body. It will alfo be of ufe to keep the body gently open, and either to bleed or purge every fpring and fall. Such as do not choofe a feton or an iffue, will reap benefit from wearing a fmall Burgundy-pitch plafter between their fhoulders.

A gutta ferena or amaurofis is an abolition of the fight without any apparent caufe or fault in the eyes. When it is owing to a decay or wafting of the optic nerve, it does not admit of a cure; but when it proceeds from a compreffion of the nerves by redundant humours, thefe may in fome meafure be drained off, and the patient relieved. For this purpofe, the body muft be kept open with the laxative mercurial pills. If the patient be young and of a fanguine habit he may be bled. Cupping, with fcarifications on the back part of the head, will alfo be of ufe. A running at the nofe may be promoted by volatile falts, ftimulating powders, &c. But the moft likely means for relieving the patient are iffues or blifters kept open for a long time on the back part of the head, behind the ears, or on the neck. Thefe have reftored fight, even after it had been for a confiderable time loft.

A cataract is an obftruction of the pupil, by the interpofition of fome opaque fubftance which either diminifhes or totally extinguifhes the fight. It is generally an opacity of the cryftalline humour. In

a recent or beginning cataract, the ſame medicines are to be uſed as in the gutta ſerena; and they will ſometimes ſucceed. But when this does not happen, and the cataract becomes firm, it muſt be couched, or rather extracted.

The myopia, or ſhort-ſightedneſs, and the preſbyopia, or ſeeing only at too great a diſtance, are diſorders which depend on the original ſtructure or figure of the eye, therefore admit of no cure. The inconveniences ariſing from them may however be, in ſome meaſure, remedied by the help of proper glaſſes. The former requires the aid of a concave, and the latter of a convex glaſs.

A ſtrabiſmus, or ſquinting, depends upon an irregular contraction of the muſcles of the eye from a ſpaſm, palſy, epilepſy, or an ill habit. Children often contract this diſorder by having their eyes unequally expoſed to light. They may acquire it by imitation. As this diſorder can hardly be cured, parents ought to be careful to prevent it. Almoſt the only thing which can be done for it is to contrive a maſk for the child to wear, which will only permit him to ſee in a ſtraight direction.

Spots or ſpecks on the eyes are generally the effect of inflammation, and often appear after the ſmall pox, the meaſles, &c. They are very difficult to cure, and often occaſion total blindneſs. If the ſpecks are ſoft and thin, they may ſometimes be taken off by gentle cauſtics and diſcutients; as vitriol, the juice of celandine, &c. When theſe do not ſucceed, a ſurgical operation may be tried: the ſucceſs of this however is always very doubtful.

The blood-ſhot eye may be occaſioned by a ſtroke, a fall, retching, vomoting, violent coughing, &c. It often happens to children in the hooping-cough. It appears at firſt like a bit of ſcarlet, and is afterwards of a livid or blackiſh colour; it generally goes off without medicine. Should it prove obſtinate, the patient may be bled, and have his eyes fomented with a decoction of comphry roots and elder flow-

ers.

ers. A ſoft poultice may be applied to the eyes; and the body ſhould be kept open by gentle purgatives.

The watery or weeping eye is generally occaſioned by a relaxation or weakneſs of the glandular parts of that organ. Theſe may be braced and ſtrengthed by bathing the eye with brandy and water, Hungary-water, roſe water, with white vitriol diſſolved in it, &c. Medicines which make a revulſion are alſo proper; as mild purgatives, perpetual bliſters on the neck, bathing the feet frequently in lukewarm water, &c.

When this diſeaſe proceeds from an obſtruction of the lochrymal duct, or natural paſſage of the tears, it is called a fiſtula lachrymalis, and can only be cured by a ſurgical operation.

THE EAR

May be injured by wounds, ulcers, or any thing that hurts its fabric. The hearing may alſo be hurt by exceſſive noiſe; violent colds in the head; fevers; hard wax, or other ſubſtances ſticking in the cavity of the ear; too great a degree of moiſture or dryneſs of the ear. Deafneſs is very often the effect of old age, and is incident to moſt people in the decline of life. Sometimes it is owing to an original fault in the ſtructure or formation of the ear itſelf. When this is the caſe, it admits of no cure; and the unhappy perſon not only continues deaf, but is generally alſo dumb for life.

When deafneſs is the effect of wounds or ulcers of the ears, or of old age, it is not eaſily removed. When it proceeds from cold of the head, the patient muſt be careful to keep his head warm, eſpecially in the night; he ſhould alſo take ſome gentle purges, and keep his feet warm, and bathe them frequently in lukewarm water at bed-time. When deafneſs is the effect of a fever, it generally goes off after the patient recovers, If it proceeds from dry wax ſticking in

the ears, it may be ſoftened by droping oil into them; afterwards they muſt be ſyringed with warm milk and water.

If deafneſs proceeds from dryneſs of the ears, which may be known by looking into them, half an ounce of the oil of ſweet almonds, and the ſame quantity of liquid opodeldoc, or tincture of aſafœtida, may be mixed together, and a few drops of it put into the ear every night at bed-time, ſtopping them afterwards with a little wool or cotton. Some, inſtead of oil, put a ſmall ſlice of the fat of bacon into each ear, which is ſaid to anſwer the purpoſe very well. When the ears abound with moiſture, it may be drained off by an iſſue or ſeton, which ſhould be made as near the affected parts as poſſible.

Some for the cure of deafneſs, recommend the gall of an eel mixed with the ſpirits of wine, to be dropped into the ear; others, equal parts of Hungary-water and ſpirit of lavender. Etmuller extols amber and muſk; and Brooks ſays, he has often known hardneſs of hearing cured by putting a grain or two of muſk into the ear with cotton-wool; urine put warm into the ear every night and morning have in a little time produced good effects. But theſe and other applications muſt be varied acccording to the cauſe of the diſorder.

Though ſuch applications may ſometimes be of ſervice, yet they much oftener fail, and frequently they do hurt. Neither the eyes nor ears ought to be tampered with; they are tender organs, and require a very delicate touch. For this reaſon, what we would chiefly recommend in deafneſs, is, to keep the head warm. From whatever cauſe the diſorder proceeds, this is always proper; and we have known more benefit from it alone, in the moſt obſtinate caſes of deafneſs, than from all the medicines ever uſed.

THE TASTE AND SMELL

Are ſenſes not of ſo great importance to man in a ſtate of ſociety, as the ſight and hearing; yet as the loſs of them is attended with ſome inconveniency, they deſerve our notice. They are ſeldom to be reſtored when loſt which ought to make us very attentive to their preſervation, by carefully avoiding whatever may in the leaſt prove injurious to them. As there is a very great affinity between the organs of taſting and ſmelling, whatever hurts the one generally affects the other.

Luxury is highly injurious to theſe organs. When the noſe and palate are frequently ſtimulated by fragrant and poignant diſhes, they ſoon loſe the power of diſtinguiſhing taſtes and odours with any degree of nicety. Men, in a ſtate of nature, may perhaps have theſe faculties as acute as any other animals.

The ſenſe of ſmelling may be diminiſhed or deſtroyed by diſeaſes; as, the moiſture, dryneſs, inflammation or ſuppuration of that membrane which lines the inſide of the noſe, commonly called the olfactory membrane; the compreſſion of the nerves which ſupply this membrane, or ſome fault in the brain itſelf at their origin. A defect, or too great a degree of ſolidity, of the ſmall ſpongy bones of the upper jaw, the caverns of the forehead, &c. may alſo impair the ſenſe of ſmelling. It may alſo be injured by a collection of fœtid matter in thoſe caverns, which keeps conſtantly exhaling from them. Few things are more hurtful to the ſenſe of ſmelling than taking great quantities of ſnuff.

When the noſe abounds with moiſture, after gentle evacuations, ſuch things as tend to take off irritation, and coagulate the thin ſharp ſerum, may be applied; as the oil of anniſe mixed with fine flour; camphire diſſolved in oil of almonds, &c. The vapours of am-

ber, frankincenſe, gum maſtic, and benjamin, may alſo be received into the noſe and mouth.

For moiſtening the mucus when it is too dry, ſome recommend ſnuff made of the leaves of marjoram, mixed with the oil of amber, marjoram, anniſeeds; or a ſternutatory of calcined white vitriol; twelve grains of which may be mixed with two ounces of marjoram-water, and filtrated. The ſteam or vapour of vinegar upon hot iron received up the noſtrils is alſo of uſe for ſoftening the mucus, opening obſtructions, &c.

If there is an ulcer in the noſe, it ought to be dreſſed with ſome emollient ointment, to which, if the pain be very great, a little laudanum may be added.

If there be reaſon to ſuſpect that the nerves which ſupply the organs of ſmelling are inert, or want ſtimulating, volatile ſalts, ſtrong ſnuffs, and other things which occaſion ſneezing, may be applied to the noſe. The forehead may alſo be anointed with balſam of Peru, to which may be added a little of the oil of amber.

The taſte may be diminiſhed by cruſts, filth, mucus, apthæ, pellicles, warts, &c. covering the tongue: it may be depraved by a fault of the ſaliva, which, being diſcharged into the mouth, gives the ſame ſenſations as if the food which the perſon taſtes had really a bad taſte; or may be entirely deſtroyed by injuries done to the nerves of the tongue and palate. Few things prove more hurtful either to the ſenſe of taſting or ſmelling than obſtinate colds, eſpecially thoſe which affect the head.

When the taſte is diminiſhed by filth, mucus, &c. the tongue ought to be ſcraped, and frequently waſhed with a mixture of water, vinegar, and honey, or ſome other detergent. When the ſaliva is vitiated, which ſeldom happens unleſs in fevers or other diſeaſes, the curing of the diſorder is the cure of this ſymptom. To relieve it however in the mean time, the following things may be of uſe: If there be a bitter

bitter taſte, it may be taken away by vomits, purges, and other things which evacuate bile. What is called a nidorous taſte, ariſing from putrid humours, is corrected by the juice of citrons, oranges, and other acids. A ſalt taſte is cured by plentiful dilution with watery liquors. An acid taſte is deſtroyed by abſorbents, and alkaline ſalts, as powder of oyſter-ſhells, ſalt of wormwood, &c.

When the ſenſibility of the nerves which ſupply the organs of taſte is diminiſhed, the chewing of horſe-radiſh, or other ſtimulating ſubſtances, will help to recover it.

THE TOUCH

May be hurt by any thing that obſtructs the nervous influence, or prevents its being regularly conveyed to the organs of touching; as preſſure, extreme cold, &c. It may alſo be hurt by too great a degree of ſenſibility, when the nerve is not ſufficiently covered by the cuticle or ſcarf-ſkin, or where there is too great a tenſion of it, or it is too delicate. Whatever diſorders the functions of the brain and nerves, hurts the ſenſe of touching. Hence it appears to proceed from the ſame general cauſes as palſy and apoplexy, and requires nearly the ſame method of treatment.

In a ſtupor, or defect of touching, which ariſes from an obſtruction of the cutaneous nerves, the patient muſt firſt be purged; afterwards ſuch medicines as exite the action of the nerves, or ſtimulate the ſyſtem, may be uſed. For this purpoſe, the ſpirit of hartſhorn, ſal volatile oleoſum, horſe-radiſh, &c. may be taken inwardly; the diſordered parts at the ſame time, may be frequently rubbed with freſh nettles, or ſpirit of ſal ammoniac. Bliſtering-plaſters and ſinapiſms applied to the parts will be of uſe, as alſo warm bathing, eſpecially in the natural hot baths.

CHAP.

Part Third.

CHAP. I.

Of Surgery.

IT is a duty incumbent on every perſon to have ſome knowledge in Surgery. Our nature is ſubject to many cauſalties—and misfortunes frequently happen when there may be no ſurgical aſſiſtance near! There are many perſons who would be happy to aſſiſt their fellow-beings when in diſtreſs, if they knew how to relieve them!—for this purpoſe we recommend the following uſeful directions to their attentive peruſal.

BLEEDING

Is one of the moſt uſeful operations of ſurgery, is frequently neceſſary at very ſhort notice in caſes of misfortune! and ought therefore to be underſtood.—But though practiſed by midwives, gardeners, blackſmiths, &c. we have reaſon to believe that very few know when it is proper. It is however an operation of great importance, and muſt, when ſeaſonably and properly performed, be of ſingular ſervice to thoſe in diſtreſs.

Bleeding is proper at the beginning of all inflammatory fevers, as pleuriſies, peripneumonies, &c.—in all topical inflammations, as thoſe of the inteſtines, womb, bladder, ſtomach, kidneyes, throat, eyes, &c —in the aſthma, ſciatic pain, coughs, head-achs, rheumatiſms, the apoplexy epileſy, and bloody flux. After falls, blows, bruiſes, or any violent hurt received either externally or internally; it is alſo neceſſary for perſons who have unfortunately been ſtrangled, drowned, ſuffocated

ſuffocated with foul air, the fumes of metal, &c. In a word, whenever the vital motions have been ſuddenly ſtopt from any cauſe, except in ſwoonings occaſioned by mere weakneſs or hyſteric affections, it is proper to open a vein. But in all diſorders proceeding from a relaxation of the ſolids and an impoveriſhed ſtate of the blood, as dropſies, nervous complaints, &c. bleeding is not proper.

Bleeding for topical inflammations ought always to be performed as near the part affected as poſſible. When this can be done with a lancet, it is to be preferred to any other method; but where a vein cannot be found, recourſe muſt be had to leeches or cupping.

The quantity of blood to be let muſt always be regulated by the ſtrength, age, conſtitution, manner of life, and other circumſtances relating to the patient. It would be ridiculous to ſuppoſe that a child could bear to loſe as much blood as a grown perſon, or that a delicate lady ſhould be bled to the ſame extent as a robuſt man.

From whatever part of the body blood is to be let, a bandage muſt be applied between that part and the heart. As it is often neceſſary, in order to raiſe the vein, to make the bandage pretty tight, it will be proper in ſuch caſes, as ſoon as the blood begins to flow, to ſlaken it a little. The bandage ought to be appled at leaſt an inch, or an inch and half from the place where the wound is intended to be made.

Perſons not ſkilled in anotomy ought never to bleed in a vein that lies over an artery or a tendon, if they can avoid it. The former may eaſily be known from its pulſation or beating, and the latter from its feeling hard or tight like whipcord under the finger.

Children are generally bled with leeches. This, though ſometimes neceſſary, is a very troubleſome and uncertain practice. It is impoſſible to know what quantity of blood is taken away by leeches; beſides, the bleeding is often very difficult to ſtop, and the wounds are not eaſily healed. Would thoſe who practiſe bleeding take a little more pains, and accuſtom themſelves

themſelves to bleed children, they would not find it ſuch a difficult operation as ſome imagine.

Certain hurtful prejudices with regard to bleeding ſtill prevail among country people. They talk, for inſtance, of head-veins, heart-veins, breaſt-veins, &c. and believe that bleeding in theſe will certainly cure all diſeaſes of the parts from whence they are ſuppoſed to come, without conſidering that all the blood veſſels ariſe from the heart, and return to it again; for which reaſon unleſs in topical inflammations, it ſignifies very little from what part of the body blood is taken. But this, though a fooliſh prejudice, is not near ſo hurtful as the vulgar notion that the firſt bleeding will perform wonders. This belief makes them often poſtpone the operation when neceſſary, in order to reſerve it for ſome more important occaſion, and, when they think themſelves in extreme danger, they fly to it for relief, whether it be proper or not. Bleeding at ſtated periods or ſeaſons has alſo bad effects.

INFLAMMATIONS AND ABSCESSES

From what ever cauſe they proceed, muſt terminate either by diſperſion, ſuppuration, or gangrene. Tho' it is impoſſible to foretel with certainty in which of theſe ways an inflammation will terminate, yet a probable conjecture may be formed with regard to the event, from a knowledge of the patient's age and conſtitution. In flammations happening in a ſlight degree upon colds, and without any previous indiſpoſition, will moſt probably be diſperced; thoſe which follow a fever, or happen to perſons of a groſs habit of body, will generally ſuppurate; and thoſe which attack very old people, or perſons of a dropſical habit, will have a ſtrong tendency to gangrene.

If the inflammation be ſlight, and the conſtitution ſound, the diſperſion ought always to be attempted. This will be beſt promoted by a ſlender diluting diet, plentiful bleeding and repeated purges, The part itſelf muſt be fomented, and, if the ſkin be very tenſe, it

it may be fomented with a mixture of three-fourths of ſweet oil, and one-fourth of vinegar, and afterwards covered with a piece of wax-plaſter.

If, notwithſtanding theſe applications, the ſymptomatic fever increaſes, and the tumour becomes larger, with violent pain, it will be proper to promote the ſuppuration by ſoft poultices, renewed twice a-day; and if it proceeds but ſlowly, a raw onion cut ſmall or bruiſed may be ſpread upon the poultice. When the abſceſs is ripe or fit for opening, which may eaſily be known from the thinneſs of the ſkin in the moſt prominent part of it, fluctuation of matter which may be felt under the finger, or an abatement of the pain, it may be opened with a lancet or by means of cauſtic.

If an inflammation terminates in a gangrene or mortification, its approach may be known by the following ſymptoms: the inflammation loſes its redneſs, and becomes duſkiſh or livid; the tenſion of the ſkin goes off, and it feels flabby; little bladders filled with ichor of different colours ſpread all over it; the tumour ſubſides, and from a duſkiſh complexion becomes black; a quick low pulſe, with cold clammy ſweats, are the immediate forerunners of death.

When theſe ſymdtoms firſt appear, the part ought to be dreſſed with London treacle, or a cataplaſm made of lixivium and bran: ſhould the ſymptoms become worſe, the part muſt be ſcarified, and dreſſed with baſilicum ſoftened with the oil of turpentine. All the dreſſings muſt be applied warm. With regard to internal medicines, the patient muſt be ſupported with generous cordials, and the Peruvian bark given in as large doſes as the ſtomach can bear. If the mortified parts ſhould ſeparate, the wound will become a common ulcer, and muſt be treated accordingly.

Biles, whitloes, &c. are abſceſſes in conſequence of a previous inflammation, and ought to be diſcuſſed; but when this cannot be done, the ſuppuration ſhould be promoted, and the matter diſcharged by an inciſion if neceſſary: afterwards the ſore may be dreſſed with baſilicum, or ſome other digeſtive ointment.

Have been the moſt miſtaken, both with reſpect to their treatment and cure of any part of medicine. Certain herbs, ointments, and plaſters are believed to be poſſeſſed of wonderful healing powers, and ſome people imagine that no wound can be cured without the application of them. It is however a fact, that no external application whatever contributes towards the cure of a wound, any other way than by keeping the parts ſoft, clean, and defending them from the external air, which may be as effectually done by dry lint, as by the moſt pompous applications, while it is exempt from many of the bad conſequences attending them.

The ſame obſervation holds with reſpect to internal applications. Theſe only promote the cure of wounds as far as they tend to prevent a fever, or to remove any cauſe that might obſtruct or impede the operations of nature. It is nature alone that cures wounds. All that art can do is to remove obſtacles, and to put the parts in ſuch a condition as is the moſt favourable to nature's efforts.

The firſt thing to be done when a perſon has received a wound is to examine whether any foreign body be lodged in it, as wood, ſtone, iron, lead, glaſs, dirt, bits of cloth, or the like. Theſe, if poſſible, ought to be extracted, and the wound cleaned before any dreſſings be applied. When that cannot be affected with ſafety, on account of the patient's weakneſs or loſs of blood, they muſt be ſuffered to remain in the wound, and afterwards extracted when he is more able to bear it.

When a wound penetrates into any of the cavities of the body, as the breaſt, the bowels, &c. or where any conſiderable blood veſſel is cut, a ſkilful ſurgeon ought immediately to be called, otherwiſe the patient may loſe his life. But ſometimes the diſcharge of blood is ſo great, that if it be not ſtoped, the patient may

may die, even before a ſurgeon, though at no great diſtance. can arrive. In this caſe, ſomething muſt be done by thoſe who are preſent. If the wound be in any of the limbs, the bleeding may generally be ſtopt by applying a tight ligature or bandage round the member a little above the wound. The beſt method of doing this is to put a ſtrong broad garter round the part, but ſo ſlack as eaſily to admit a ſmall piece of ſtick to be put under it, which muſt be twiſted, in the ſame manner as a countryman does a cart-rope to ſecure his loading, till the bleeding ſtops. Whenever this is the caſe, he muſt take care to twiſt it no longer, as ſtraining it too much might occaſion an inflammation of the parts, and endanger a gangrene.

In parts where this bondage cannot be uſed, bleeding may be ſtopped by cloths dipped in a ſolution of blue vitriol in water, or the ſtyptic water of the diſpenſatories; or in ſtrong ſpirits of wine and applied to the wound.

The agaric of the oak is perhaps the beſt thing that can be uſed; it is eaſily obtained and ought to be kept in every family, in caſe of accidents. A piece of it muſt be laid upon the wound, and covered with a good deal of lint, above this to keep it tight on, a bandage muſt be applied. A bit of ſponge uſed in this manner will have nearly the ſame effects.

Though ſpirits, tinctures, and hot balſams may be uſed, to ſtop the bleeding when it is exceſſive, they are improper at other times. They do not promote but retard the cure, and often change a ſimple wound into an ulcer.

In ſlight wounds, which do not penetrate much deeper than the ſkin, the beſt application is a bit of the common black ſticking plaſter. This keeps the ſides of the wound together, and prevents the air from hurting it, which is all that is neceſſary. When a wound penetrates deep, it is not ſafe to keep its lips quite cloſe; this keeps in the matter, and is apt to make the wound feſter. In this caſe the beſt way

is to fill the wound with ſoft lint, commonly called caddis. It however muſt not be ſtuffed in too hard, otherwiſe it will do hurt. The lint may be covered with a cloth dipped in oil, or ſpread with the common wax plaſter; and muſt be kept on by a proper bandage.

The firſt dreſſing ought to continue on for at leaſt two days; after which it may be removed, and freſh lint applied as before, If any part of the firſt dreſſing ſticks ſo cloſe as not to be removed with eaſe or ſafety to the patient, it may be allowed to continue, and freſh lint dipped in ſweet oil laid over it. This will ſoften it, ſo as to make it come off eaſily at next dreſſing. Afterwards the wound may be dreſſed twice a-day in the ſame manner till it be quite healed. Thoſe who are fond of ſalves or ointments, may, after the wound is become very ſuperficial, dreſs it with the yellow baſilicum; and if fungous, or what is called proud fleſh, ſhould riſe in the wound, it may be checked, by mixing with the ointment a little burnt alum or red precipitate of mercury.

When a wound is greatly inflamed, the moſt proper application is a poultice of bread and milk, ſoftened with a little ſweet oil or freſh butter. This muſt be applied inſtead of a plaſter, and ſhould be changed twice a-day.

If the wound be large, and there is reaſon to fear an inflammation, the patient ſhould be kept on a very low diet. He muſt abſtain from fleſh, ſtrong liquors, and every thing of a heating nature. If he be of a full habit, and has loſt little blood from the wound, he muſt be bled; and, if the ſymptoms be urgent, the operation may be repeated. But when he has been greatly weakened by loſs of blood from the wound, it will be dangerous to bleed him, even though a fever ſhould enſue. Nature ſhould never be too far exhauſted: it is always more ſafe to allow her to ſtruggle with the diſeaſe in her own way, than to ſink the patient's ſtrength by exceſſive evacuations.

Wounded perſons ought to be kept perfectly quiet and

and eaſy. Every thing that ruffles the mind or moves the paſſions—as love, anger, fear, &c. are very hurtful. They ought above all things to abſtain from venery. The body ſhould be kept gentle open, either by laxative clyſters, or by a cool vegetable diet, as roaſted apples, ſtewed prunes, boiled ſpinnage, and ſuch like.

BURNS

Which are ſlight and do not break the ſkin, may be rubbed with ſalt, or a compreſs dipped in ſpirits of wine, or brandy may be laid on the part: it is alſo cuſtomary to hold the part near fire for a competent time. Burns that have penetrated ſo deep as to bliſter or break the ſkin may be dreſſed with Turner's cerate mixed with an equal quantity of freſh olive oil, and ſpread upon a ſoft rag, and applied to the part affected When this ointment cannot be had, an egg may be beat up with an equal equantity of the ſweeteſt ſallad oil. This will ſerve very well till a proper ointment can be prepared. When the burning is very deep, after the firſt two or three days, it ſhould be dreſſed with equal parts of yellow baſilicum and Turner's cerate mixed together.

When the burn is violent, or has occaſioned a high degree of inflammation, and there is reaſon to fear a gangrene or mortification, the ſame means muſt be uſed as are recommended in other violent inflammations. The patient, in this caſe, muſt live low, drink freely of weak diluting liquors, be bled, and have his body kept open. But if the burnt parts ſhould become livid or black, with other ſymptoms of mortification, it will be neceſſary to bathe them frequently with warm camphorated ſpirits of wine, tincture of myrrh, or other antiſeptics, mixed with a decoction of the bark. The patient's diet muſt be more generous, and the bark taken with wine, &c.

BRUISES

BRUISES

Are generally productive of worſe conſequences than wounds. The danger from them does not appear immediately, by which it often happens that they are neglected. In ſlight bruiſes it will be ſufficient to bathe the part with warm vinegar, to which a little brandy or rum may be added, and to keep cloths wet with this mixture conſtantly applied to it. This is more proper than rubbing it with brandy, ſpirits of wine, or other ardent ſpirits.

A cataplaſm of freſh cow dung is often, by country people, applied to recent bruiſes, occaſioned by blows, falls, &c. with good effects. Parſley, chervil, and houſeleek leaves, lightly pounded, have been ſucceſſfully employed, and theſe applications are preferable to vinegar, when a wound is joined to a bruiſe.

Electrifying is very proper in this caſe.

When a bruiſe is very violent, the patient ought immediately to be bled, and put upon a proper regimen. His food ſhould be light and cool, and his drink weak, and of an opening nature—as whey, ſweetened with honey, decoction of tamarinds, barley-water, cream-tartar whey, and ſuch like. The bruiſed part muſt be bathed as above directed, and a poultice made by boiling crumb of bread, elder-flowers, and camomile-flowers, in equal quantities of vinegar and water, applied to it. This is peculiarly proper when a wound is joined to the bruiſe. It may be renewed two or three times a-day.

As the ſtructure of the veſſels is totally diſtroyed by a violent bruiſe, there often enſues a great loſs of ſubſtance, which produces an ulcerous ſore very difficult to cure. If the bone be affected, the ſore will not heal before the diſeaſed parts of the bone ſeparates, and comes out through the wound. This is often a very ſlow operation, and may even require ſeveral years to be completed. Hence it happens, that theſe ſores are taken for the king's evil, and treated as ſuch, though

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in fact they proceed solely from the injury which the solid parts received from the blow.

Patient's in this situation are pestered with different advices. Every one who sees them proposes a new remedy, till the sore is so much irritated with various and opposite applications, that it is often at length rendered absolutely incurable. The best method of managing such sores is, to take care that the patient's constitution does not suffer by confinement or improper medicine, and to apply nothing to the sores besides simple ointment spread upon soft lint, over which a poultice of bread and milk boiled with camomile-flowers, or the like, may be put to nourish the part, and keep it soft and warm. Nature, thus assisted, will generally in time operate a cure.

ULCERS

May be the consequence of wounds, bruises, or impostbumes improperly treated; they may also proceed from an ill state of the humours, or what may be called a bad habit of body.

In the latter case, they ought not to be hastily dried up, otherwise it may prove fatal to the patient.—Ulcers happen most commonly in the decline of life; and persons who neglect exercise, and live grosly, are most liable to them. They might often be prevented by retrenching a part of the solid food, or by opening artificial drains, as issues, setons, or the like.

An ulcer may be distinguished from a wound by its discharging a thin watery humour, which is often so acrid as to inflame and corrode the skin; by the hardness and perpendicular situation of it sides or edges; by the time of its duration, &c.

It requires considerable skill to be able to judge whether or not an ulcer ought to be dried up. In general, all ulcers which proceed from a bad habit of body, should be suffered to continue open, at least till the constitution has been so far changed by proper regimen, or the use medicine, that they seem disposed to

to heal of their own accord. Ulcers which are the effect of malignant fevers, or other acute diſeaſes, may generally be healed with ſafety after the health has been reſtored for ſome time. The cure ought not however to be attempted too ſoon, nor at any time without the uſe of purging medicines and a proper regimen. When wounds or bruiſes have, by wrong treatment, degenerated into ulcers, if the conſtitution be good, they may generally be healed with ſafety. When ulcers either accompany chronical diſeaſes, or come in their ſtead, they muſt be cautiouſly healed. If an ulcer conduces to the patient's health, from whatever cauſe it proceeds, it ought not to be healed; but if, on the contrary, it waſtes the ſtrength and conſumes the patient by a ſlow fever, it ſhould be healed as ſoon as poſſible.

The moſt proper regimen for promoting the cure of ulcers, is to avoid all ſpices, ſalted and high ſeaſoned food, all ſtrong liquors, and to leſſen the uſual quantity of fleſh meat. The body ought to be kept gently open by a diet conſiſting chiefly of cooling laxative vegetables, and by drinking butter-milk, whey ſweetened with honey, or the like. The patient ought to be kept cheerful, and ſhould take as much exerciſe as he can eaſily bear.

When the bottom and ſides of an ulcer ſeem hard and callous, they may be ſprinkled twice a-day with a little red precipitate, and afterwards dreſſed with baſilicum. Sometimes it will be neceſſary to have the edges of the ulcer ſcarified with the lancet.

A fiſtulous ulcer can ſeldom be cured without being laid open ſo as to have its callous parts deſtroyed by ſome corroſive application; or entirely cut away by the knife, which requires the hand of an expert ſurgeon.

Ward's fiſtula paſte is very uſeful in this complaint.

Theſe ulcers generally proceed from an ill habit of body, and will ſeldom yield to any thing except a long courſe of regimen aſſiſted by medicines.

A SCIRRHUS

A SCIRRHUS

Is a hard tumour uſually ſeated in ſome of the glands; as the breaſts, the arm-pits, &c. If the tumour becomes large, unequal, of a livid, blackiſh, or leaden colour, and is attended with violent pain, it gets the names of an occult cancer. When the ſkin is broken and a ſanies or ichorous matter of a diſagreeable ſmell is diſcharged from the ſore, it is called an open or ulcerated cancer. Perſons after the age of forty-five, particularly women, and thoſe who lead an indolent ſedentary life, are moſt ſubject to this diſeaſe.

This diſeaſe is often owing to ſuppreſſed evacuations; hence it proves ſo frequently fatal to women of a groſs habit, particularly old maids and widows, about the time when the menſtrual fluxes ceaſes. It may alſo be occaſioned by exceſſive fear, grief, anger, melencholy, or any of the depreſſing paſſions; by the long continued uſe of food that is too hard of digeſtion, or of an acrid nature; by barrenneſs, celebacy, indolence, cold, blows, friction, preſſure, or the like. Women often ſuffer by the preſſure of their ſtays, which ſqueeze and compreſs their breaſt ſo as to occaſion great miſchief.

This diſorder ſeems often very trifling at the beginning. A hard tumour about the ſize of a hazle nut, or perhaps ſmaller, is generally the ſymptom. This will often continue for a long time without ſeeming to increaſe or giving the patient great uneaſineſs; but if the conſtitution be hurt, or the tumour irritated by preſſure or improper treatment, it begins to extend itſelf by puſhing out a kind of roots or limbs. It then gets the name of cancer, from a reſemblance between theſe limbs and the claws of a crab. The colour of the ſkin begins to change, which is firſt red, afterwards purple, then bluiſh. livid, and at laſt black. The patient complains of heat, with a burning, gnawing, ſhooting pain. The tumour is very hard, rough, and unequal, with a riſing lump in the middle; its

ſize increaſes daily, and the neighbouring veins become thick, knotty, and of a blackiſh colour.

The ſkin at length gives way, and a thin ſharp ichor begins to flow, which corrodes the parts till it forms a large unſightly ulcer. More occult cancers riſe, and communicate with the neighbouring glands. The pain and ſtench becomes intolerable, the apetite fails, and the ſtrenght is exhauſted by a continual hectic fever; at laſt, a violent hæmorrhage, or diſcharge of blood, from ſome part of the body, with faintings, or convulſion fits, generally put an end to the miſerable patient's life.

This is one of thoſe diſeaſes for which no certain remedy is yet known. Its progreſs however may ſometimes be retarded, and ſome of its moſt diſagreeable ſymptoms mitigated, by proper applications. One misfortune attending the diſeaſe is, that the unhappy patient conceals it too long. Were proper means uſed in time, a cancer might often be cured; but after the diſorder has arrived at a certain hight, it generally ſets all medicine at defiance!

When a ſcirrhus tumour is firſt diſcovered, the patient ought to obſerve a proper regimen, and to take twice or thrice a week a doſe of the common purging mercurial pill. Some blood may alſo be let, and the part affected may be gently rubbed twice a-day, with a little of the mercurial ointment, and kept warm with fur or flannel. The food muſt be light and nouriſhing. All high ſeaſoned and ſalted proviſion, and all ſtrong liquors, are to be avoided. The decoction of woods or ſarſaparilla is proper, and a pint may be drank daily. The patient ought to take as much exerciſe as poſſible without fatigue, and uſe every means to keep the mind cheerful.

Should the tumour however not yield to this treatment, but on the contrary, become larger and harder, it will be proper to extirpate it, either by the knife or cauſtic; and the ſooner it can be done the better. It can anſwer no purpoſe to extirpate a cancer after the conſtitution is ruined, or the whole maſs of humours corrupted

corrupted by it. This however is too common, which makes the operation ſo ſeldom ſucceed. Few people will ſubmit till death ſtares them in the face; whereas, if it were done early, the patient's life would not be endangered by the operation, and it would generally prove a radical cure.

When the cancer is ſo ſituated that it cannot be cut, ſuch medicines as will relieve the ſymptoms muſt be uſed. Dr. Stork, phyſician at Vienna, has of late recommended the extract of hemlock as very efficacious in cancers of every kind. The doctor ſays, he has given ſome hundred weights of it with manifeſt advantage. He adviſes the patient to begin with very ſmall doſes, as two or three grains, and to increaſe the doſe gradually till ſome good effect be perceived, and there to reſt without further increaſe. From two or three grains, at firſt, the doctor ſays he has increaſed the doſe to two, three or four drams, a-day, and finds that ſuch doſes may be continued for ſeveral weeks without any bad conſequences.

The doctor does not pretend to fix the time in which a cancers may be reduced by the uſe hemlock, but ſays he has given it for above two years in large doſes without any apparent benefit, nevertheleſs the patient has been cured by perſiſting it the uſe of it for half a year longer. This is at leaſt encouragement to give it a fair trial.

The powder of hemlock is by ſome preferred to the extract. They are both made of the freſh leaves, and may be uſed nearly in the ſame manner. Dr. Nicholſon of Berwick ſays, he gradually increaſed the doſe of the powder from a few grains to half a dram, and gave near four drams of it in the day with remarkably good effects. The hemlock may alſo be uſed either as a poultice or fomentation. The ſore may alſo be kept clean by injecting daily a ſtrong decoction of the the tops and leaves of it.

Few things contribute more to the healing of foul ſordid ulcers of any kind than keeping them throughly clean. This ought never to be neglected. The beſt ap-

plication for this purpose seems to be the carrot poultice. The roots of the common carrot may be boiled soft and bruised, or be grated and moistened with as much water as will bring them to the consistence of a poultice or cataplasm. This must be applied to the sore and renewed twice a-day. It generrally cleans the sore, eases the pain, and takes away the disagreeable smell, which are objects of no small importance.

Wort, or an infusion malt, has been recommended not only as a proper drink, but as a powerful medicine in this disease. It must be frequently made fresh, and the patient may take it at pleasure. Two, three, or even four pints of it may be drank every day for some months. No benefit can be expected from any medicine in this disease, unless the use of it be persisted in for a long time. It is of too obstinate a nature to be soon removed; and, when it admits of a cure at all, it must be brought about by inducing an almost total change of the habit of body, which is always a work of time. Setons or issues near the sore are very useful.

Dr. Home says, that half a grain of the corrosive sublimate of mercury, dissolved in brandy, and taken night and morning, will often be of service in cancers of the face and nose.

When all other medicines fail, recourse must be had to opium, as a kind of solace. This will not indeed cure the disease, but it will ease the patient's agony, and render life more tolerable while it continues.

To avoid this dreadful disorder, and ulcers in general, people ought to pay particular regard to cleanliness, and wholesome food; to take sufficient exercise in the open air; to be as easy and cheerful as possible; and carefully to guard against all blows, bruises and every kind of pressure upon the breasts, or other glandular parts.

CHAP.

CHAP. II.

Of Diſlocations.

WHEN a bone is moved out of its place or articulation ſo as to impede its proper functions, it is ſaid to be luxated or diſlocated. As this often happens to perſons in ſituations where no medical aſſiſtance can be obtained, by which means limbs, and even lives; are frequently loſt, we ſhall endeavour to point out the method of reducing the moſt common luxations, and thoſe which require immediate aſſiſtance. Any perſon of common ſenſe and reſolution, who is preſent when a diſlocation happens, may often be of more ſervice to the patient, than the moſt expert ſurgeon can after the ſwelling and inflammation have come on: it is then difficult to know the ſtate of the joint, and dangerous to attempt a reduction; and by waiting till they are gone off, the muſcles become ſo relaxed, and the cavity filled up, that the bone can never afterwards be retained in its place.

A recent diſlocation may generally be reduced by extenſion alone, which muſt always be greater or leſs according to the ſtrength of the muſcles which move the joint, the age, robuſtneſs, and other circumſtances of the patient. When the bone has been out of its place for any conſiderable time, and a ſwelling or inflammation has come on, it will be neceſſary to bleed the patient, and, after fomenting the part, to apply ſoft poultices with vinegar to it for ſome time before the reduction is attempted.

All that is neceſſary after the reduction, is to apply cloths dipped in vinegar or camphorated ſpirits of wine to the part, and to keep it perfectly eaſy. Many bad conſequences proceed from the neglect of this rule. A diſlocation ſeldom happens without the tendons and ligaments of the joint being ſtretched and ſometimes torn.

torn. When theſe are kept eaſy till they recover their ſtrength and tone, all goes on very well; but if the injury be increaſed by too frequent an exertion of the parts, no wonder if they be found weak and diſeaſed ever after.

THE JAW

May be luxated by yawning, blows, falls, chewing hard ſubſtances, or the like. It is eaſily known, the patient being unable to ſhut his mouth or to eat any thing, as the teeth of the under jaw do not correſpond with thoſe of the upper; beſides, the chin either hangs down or is thrown towards one ſide, and the patient is neither able to ſpeak diſtinctly nor to ſwallow without conſiderable difficulty.

The uſual method of reducing a diſlocated jaw, is to ſet the patient upon a low ſtool, ſo as an aſſiſtant may hold the head firm by preſſing it againſt his breaſt The operator is then to thruſt his two thumbs, being firſt wrapt up with linen cloths that they may not ſlip, as far back in the patient's mouth as he can, while his fingers are applied to the jaw externally. After he has got firm hold of the jaw, he is to preſs it ſtrongly downwards and backwards, by which means the elapſed heads of the jaw may be eaſily puſhed into their former cavities.

The peaſants in ſome parts of the country have a peculiar way of performing this operation. One of them puts a handkerchief under the patient's chin, then turning his back to that of the patient, pulls him up by the chin ſo as to ſuſpend him from the ground. This method often ſucceeds, but we think it a dangerous one and therefore recommend the former.

THE NECK

May be diſlocated by falls, violent blows, &c. and if the patient receives no aſſiſtance, he ſoon dies, which makes people imagine that it was broken; it is, however for the moſt part, only partially diſlo-

dated,

cated, and may be replaced by almoſt any perſon who has reſolution enough to attempt it. A complete diſlocation of the neck is inſtant death!

When the neck is diſlocated, the patient is immediately deprived of all ſenſe and motion; his neck ſwells, his countenance appears bloated; his chin lies upon his breaſt, and his face is generally turned towards one ſide.

To reduce this diſlocation, the unhappy perſon ſhould immediately be laid upon his back on the ground, and the operator muſt place himſelf behind him ſo as to be able to lay hold of his head with both hands, while he makes reſiſtance by placing his knees againſt the patient's ſhonlders. In this poſture he muſt pull the head with conſiderable force, gently twiſting it at the ſame time, if the face be turned to one ſide, till he perceives that the joint is replaced, which may be known from the noiſe the bones generally make when going in, the patient's beginning to breath, and the head continuing in its natural poſture.

This is one of thoſe operations which it is more eaſy to perform than deſcribe; and has been happily performed even by women, and often by men who had no knowledge in ſurgery. After the neck is reduced, the patient ought to be bled, and ſhould be ſuffered to reſt for ſome days, till the parts recover their proper tone.

THE SHOULDER

May be diſlocatied in various directions: it happens however moſt frequently downwards, but very ſeldom directly upwards. From the nature of its articulation, as well as from its expoſure to externally injuries, this bone is moſt ſubject to diſlocation of any in the body. A diſlocation of the humerus, or upper bone of the arm, may be known by a depreſſion or cavity on the top of the ſhoulder, and an inability to move the arm. When the diſlocation is downward or forward, the arm is protracted, and the ball or lump is perceived

ceived under the arm-pit; but when it is backward, there appears a protuberance behind the ſhoulder, and the arm is thrown forwards toward the breaſt.

The uſual method of reducing diſlocations of the ſhoulder is to ſeat the patient upon a low ſtool, and to cauſe an aſſiſtant to hold his body ſo that it may not give way to the extenſion, while another lays hold of the arm a little above the elbow, and gradually extends it. The operator then puts a napkin under the patient's arm, and cauſes it to be tied behind his own neck; by this, while a ſufficient extenſion is made, he lifts up the head of the bone, and with his hand directs it into its proper place. There are various machines invented for facilitating this operation, but the hand of an expert ſurgeon is always more ſafe. In young and delicate patients, it is a very eaſy matter to reduce the ſhoulder, by extending the arm with one hand, and thruſting in the head of the bone with the other. In making the extenſion, the arm ought always to be a little bent.

THE ELBOW

Or fore-arm may be diſlocated in any direction.—When this is the caſe, a protuberance may be obſerved on that ſide of the arm towards which the bone is puſhed, from which, and the patient's inability to bend his arm, a diſlocation of this joint may eaſily be known.

Two aſſiſtants are commonly neceſſary for reducing a diſlocation of the elbow; one of them muſt lay hold of the arm above, and the other below the joint, and make a pretty ſtrong extenſion, while the operator returns the bones into their proper place. Afterwards the arm muſt be bent, and ſuſpended for ſome time with a ſling about the neck.

Luxations of the wriſt and fingers are to be reduced in the ſame manner as thoſe of the elbow, viz. by making an extenſion in different directions, and thruſting the head of the bone into its place.

THE

THE THIGH

When diſlocated forward and downward, the knee and foot are turned out, and the leg is longer than the other; but when it is diſplaced backward, it is uſually puſhed upward at the ſame time, by which means the limb is ſhortened, and the foot is turned inwards.

When the thigh-bone is diſplaced forward and downward, the patient, in order to have it reduced, muſt be laid upon his back, and made faſt by bandages, or held by aſſiſtants, while by others an extenſion is made by means of ſlings fixed about the bottom of the thigh a little above the knee. While the extention is made, the operator muſt puſh the head of the bone outward, till it gets into the ſocket. If the diſlocation be outward, the patient muſt be laid upon his face, and during the extention, the head of the bone muſt be puſhed inward.

Diſlocations of the knees, ancles, and toes, are reduced much in the ſame manner as thoſe of the upper extremities, viz. by making an extention in oppoſite directions, while the operator replaces the bones. In many caſes, however, tee extenſion alone is ſufficient, and the bone will ſlip into its place merely by pulling the limb with ſufficient force. It is not herebymeant, that force alone is ſufficient for the reduction of diſlocations.

CHAP. III.

Of broken Bones, &c.

THERE is in moſt country villages, ſome perſon who pretends to the art of reducing fractures. Though in general ſuch perſons are very ignorant, yet ſome of them are very ſucceſsful; which evidently proves, that a ſmall degree of art with a ſufficient ſhare of common ſenſe and a mechanical head, will enable a man to be uſeful in this way. We would, however, adviſe people to be cautious how they employ ſuch operators. But when a ſkilful and expert ſurgeon cannot be had, ſome muſt be employed: we ſhall therefore recommend the following hints to their conſideration:

When a large bone is broken, the patient's diet ought in all reſpects to be the ſame as in an inflammatory fever. He ſhould alſo be kept quiet and cool and his body open by emollient clyſters; or, if theſe cannot be conveniently adminiſtered, by food that is of an opening quality; as ſtewed prunes, apples boiled in milk, boiled ſpinage, and the like. It ought however to be here remarked, that perſons who have been accuſtomed to live high, are not all of a ſudden to be reduced to a very low diet, This might have fatal effects. There is often a neceſſity for indulging even bad habits, in ſome meaſure, where the nature of the diſeaſe might require a different treatment.

It will generally be neceſſary to bleed the patient immediately after a fracture, eſpecally if he be young, of a full habit, or has at the ſame time received any bruiſe or contuſion. This operation ſhould not only be performed ſoon after the accident happens, but if the patient be very feveriſh, it may be repeated

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next day. When ſeveral of the ribs are broken, bleeding is peculiarly neceſſary.

If any of the large bones which ſupport the body are broken, the patient muſt keep his bed for ſeveral weeks. It is by no means neceſſary, however, that he ſhould lie all that time, as is cuſtomary, upon his back. This ſituation ſinks the ſpirits, galls and frets the patient's ſkin, and renders him very uneaſy. After the ſecond week he may be gently raiſed up, and may ſit ſeveral hours, ſupported by a bed-chair, or the like, which will greatly relieve him. Great care, however, muſt be taken in raiſing him up and laying him down, that he make no exertions himſelf, otherwiſe the action of the muſcles may pull the bone out of its place.

It is of great importance to keep the patient dry and clean while in this ſituation. By neglecting this, he is often ſo galled and excoriated, that he is forced to keep ſhifting places for eaſe.

It has been cuſtomary when a bone was broken, to keep the limb for five or ſix weeks continually upon the ſtretch. But this is a bad poſture. It is both uneaſy to the patient, and unfavourable to the cure. The beſt ſituation is to keep the limb a little bent. This is the poſture into which every animal puts its limbs when it goes to reſt, and in which the feweſt muſcles are upon the ſtretch. It is eaſily affected, by either lying the patient upon his ſide, or making the bed ſo as to favour this poſition of the limb.

Bone-ſetters ought carefully to examine whether the bone be not ſhattered or broken into ſeveral pieces. In this caſe it will ſometimes be neceſſary to have the limb immediately taken off, otherwiſe a gangrene or mortification may enſue. The horror which attends the very idea of an amputation often occaſions its being delayed in ſuch caſes till it is too late.

When a fracture is accompanied with a wound, it muſt be dreſſed in all reſpects as a common wound.

All that that art can do towards the cure of a broken bone, is to lay it perfectly ſtraight, and to keep it quite eaſy. All tight bandages do hurt. They had much better be wanting altogether, A great many of the bad conſequences which ſucceed to fractured bones are owing to tight bandages. This is one of the ways in which the exceſs of art, or rather the abuſe of it, does more miſchief than would be occaſioned by the want of it. Some of the moſt ſudden cures of broken bones which were ever known, happened where no bandages were applied at all. Some method however muſt be taken to keep the member ſteady: but this may be done many ways without bracing it with a tight bandage.

The beſt method of retention is by two or more ſplints made of leather or paſteboard. Theſe, if moiſtened before they be applied, ſoon aſſume the ſhape of the included member, and are ſufficient, by the aſſiſtance of a very ſlight bandage, for all the purpoſes of retention. The bandage which we would recommend is that made with twelve or eighteen tails. It is much eaſier applied and taken off than rollers, and anſwers all the purpoſes of retention equally as well. The ſplints ſhould always be as long as the limb, with holes cut for the ancles when the fracture is in the leg.

In fractures of the ribs, where a bandage cannot be properly uſed, an ſticking plaſter may be applied over the part. The patient in this caſe ought to keep himſelf quite eaſy, avoiding every thing that may occaſion ſneezing, laughing, coughing, or the like. He ought to keep his body in a ſtraight poſture, and ſhould take care that his ſtomach be conſtantly diſtended, by taking frequently ſome light food, and drinking freely of weak watery liquors.

The moſt proper external application for a fracture is oxycrate, or a mixture of vinegar and water. The bandages ſhould be wet with this every dreſſing.

STRAINS

Are often attended with worſe conſequences than broken bones. The reaſon is obvious; they are generally neglected. When a bone is broken, the patient is obliged to keep the member eaſy, becauſe he cannot make uſe of it; but when a joint is only ſtrained, the perſon, finding he can ſtill make a ſhift to move it, is ſorry to loſe his time for ſo trifling ad ailment. In this way he deceives himſelf, and converts into an incurable malady what might have been removed by only keeping the part eaſy for a few days.

Country people generally immerſe a ſtrained limb in cold water. This is very proper, provided it be done immediately, aud not kept in too long. But the cuſtom of keeping the part immerſed in cold water for a long time is certainly dangerous. It relaxes inſtead of bracing the part, and is more likely to produce a diſeaſe than remove one.

Wrapping a garter, or ſome other bandage, pretty tight about the ſtrained part, is alſo of uſe, It helps to reſtore the proper tone of the veſſels, and prevents the action of the parts from increaſing the diſeaſe. It ſhould not however be applied too tight. Bleeding near the the affected part has very good effects; but what we would reccommend above all is eaſe. It is more to be depended on than any medicine, and ſeldom fails to remove the complaint.

RUPTURES

Frequently happen to children and old people. In the former it is generally occaſioned by exceſſive crying, coughing, vomiting, or the like. In the latter, it is commonly the effect of blows or violent exertions of the ſtrength, as leaping, carrying great weights, &c. In both a relaxed habit, indolence, and an oily or very moiſt diet, diſpoſe the body to this diſeaſe.

A rupture ſometimes proves fatal before it is diſcovered. Whenever ſickneſs, vomiting, and obſtinate coſtiveneſs give reaſon to ſuſpect an obſtruction of the bowels, all thoſe places where ruptures uſually happen ought carefully to be examined. The protuſion of a very ſmall part of the gut will occaſion all theſe ſymptoms; and, if not returned in due time will prove fatal.

On the firſt appearance of a rupture in an infant, it ought to be laid upon its back, with its head very low. While in this poſture, if the gut does not return of itſelf, it may eaſily be put up by gentle preſſure.

After it is returned, a piece of ſticking-plaſter may be applied over the part, and a proper truſs or bandage muſt be conſtantly worn for a conſiderable time. The method of making and applying theſe rupture-bandages for children is pretty well known. The child muſt, as far as poſſible, be kept from crying, and from all violent exertions, till the rupture is quite healed.

In adults, when the gut has been forced down with great violence, or happens from any cauſe to be inflamed, there is very often great difficulty in returning it.

The patient muſt be bled; be laid upon his back, with his head very low, and his breech raiſed high with pillows. In this ſituation flannel-cloths wrung out of a decoction of mallows and camomile-flowers, or if theſe are not at hand, of warm water, muſt be applied for a conſiderable time. A clyſter made of this decoction, with a large ſpoonful of butter and an ounce or two of ſalt, may be afterwards thrown up. If theſe ſhould not prove ſucceſsful, recourſe muſt be had to preſſure. If the tumour be very hard, conſiderable force will be neceſſary: but it is not force alone which ſucceeds here. The operator, at the ſame time that he makes a preſſure with the palms of his hands, muſt with his fingers artfully conduct the gut in by the ſame aperture through which it came out. The manner of doing this can be much

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eaſier conceived than deſcribed. Should theſe endeavours prove ineffectual, clyſters of the ſmoke of tobacco may be tried. Theſe have been often know to ſucceed where every other method failed.

There is reaſon to believe that, by perſiſting in the uſe of theſe, and ſuch other means as the circumſtances of the caſe may ſuggeſt, moſt hernias might be reduced without an operation.

An adult, after the gut has been returned, muſt wear a ſteel bandage. It is needleſs to deſcrib this, as it may always be had ready-made from the artiſts. Such bandages are generally uneaſy to the wearer for ſome time, but by cuſtom they become quite eaſy. No perſon who has had a rupture after he arrived at man's eſtate ſhould ever be without one of theſe bandages.

Perſons who have a rupture ought carefully to avoid all violent exerciſe, carrying great weights, leaping, running, and the like. They ſhould likewiſe avoid windy aliment and ſtrong liquors; and ſhould carefully guard againſt catching cold.

CHAP.

CHAP. IV.

Of Poiſons.

EVERY perſon ought, in ſome meaſure, to be acquainted with the nature and cure of poiſons. They are generally taken unawares, and their effects are often ſo ſudden and violent, as not to admit of delay, or allow time to procure the aſſiſtance of phyſicians. Happily indeed no great degree of medical knowledge is hereby neceſſary; the remedies for moſt poiſons being generally at hand, or eaſily obtained, and nothing but common prudence needful in the application of them.

For this purpoſe the patient ſhould drink large quantities of new milk and ſalad oil till he vomits; or warm water mixed with oil. Fat broths are proper, provided they can be got ready in time. Where no oil is to be had, butter may be melted and mixed with the milk or water. Theſe things are to be drank as long as the inclination to vomit continues. Some have drank eight or ten quarts before the vomiting ceaſed; and it is never ſafe to leave off drinking while one particle of the poiſon remains in the ſtomach.

Theſe oily or fat ſubſtances not only provoke vomiting, but alſo blunt the acrimony of the poiſon, and prevent its wounding the bowels; but if they ſhould not make the perſon vomit, half a dram or two ſcruples of the powder of ipecacuanha muſt be given, or a few ſpoonfuls of the oxymel or vinegar of ſquills may be mixed with the water which he drinks. Vomiting may be excited by tickling the inſide of the throat with a feather. Should theſe methods however fail, half a dram of white vitriol, or five or ſix grains of emetic tartar, muſt be adminiſtered.

If tormenting pains are felt in the lower belly, and there is reaſon to fear that the poiſon has got down to the

the inteſtines, clyſters of milk and oil muſt be very frequently thrown up; and the patient muſt drink emollient decoctions of barley, oatmeal, marſh-mallows, and ſuch like. He muſt alſo take an infuſion of ſenna and manna, a ſolution of Glauber's ſalts, or ſome other purgative.

After the poiſon has been evacuated, the patient ought, for ſome time, to live upon ſuch things as are of a healing and cooling quality; to abſtain from fleſh and all ſtrong liquors, and to live upon milk, broth, gruel, light puddings, and other ſpoon meats of eaſy digeſtion. His drink ſhould be barley-water, linſeed tea, or infuſions of any of the mild mucilaginous vegetables.

Though the vegetable poiſons, when allowed to remain in the ſtomach, often prove fatal; yet the danger is generally over as ſoon as they are diſcharged. Not being of ſuch a cauſtic or corroſive nature, they are leſs apt to wound or inflame the bowels than mineral ſubſtances: no time, however, ought to be loſt in having them diſcharged.

Animal Poiſons are communicated by the bite of ſuch as are mad, and they are all of the dog-kind:—as foxes, dogs, and wolves.

The ſymptoms of madneſs in a dog are as follow: At firſt he looks dull, ſhews an averſion to food and company: he does not bark as uſual, but ſeems to murmur, is peeviſh, and apt to bite ſtrangers: his ears and tail droop more than uſual, and he appears drowſy: afterwards he begins to loll out his tongue, and froth at the mouth, his eye ſeeming heavy and watery: he now, if not confined, takes off, runs panting along with a kind of dejected air, and endeavours to bite every one he meets. Other dogs are ſaid to fly from him. Some think this a certain ſign of madneſs, ſuppoſing that they know him by the ſmell; but it is not to be depended on. If he eſcapes being killed, he ſeldom runs above two or three days, till he dies exhauſted with heat, hunger, and fatigue.

This diſeaſe is moſt frequent after long, dry, hot ſeaſons; and ſuch dogs as live upon putrid ſtinking carrion, without having enough of freſh-water, are moſt liable to it.

When any perſon has been bit by a dog, the ſtricteſt inquiry ought to be made whether the animal was really mad. Many diſagreeable conſequences ariſe from neglecting to aſcertain this point. Some people have lived in continual anxiety for many years, becauſe they had been bit by a dog which they believed to be mad; but, as he had been killed on the ſpot, it was impoſſible to aſcertain the fact. This ſhould induce us, inſtead of killing a dog the moment he has bit any perſon, to do all in our power to keep him alive, at leaſt till we can be certain whether he be mad or not.

Many circumſtances may contribute to make people imagine a dog mad. He loſes his maſter, runs about in queſt of him, is ſet on by other dogs, and perhaps by men. The creature, thus frightened, beat, and abuſed, looks wild, and lolls out his tongue as he runs along. Immediately a crowd is after him; while he, finding himſelf cloſely purſued, and taking every one he meets for an enemy, naturally attempts to bite him in ſelf-defence. He ſoon gets knocked on the head, and it paſſes currently that he was mad, as it is then impoſſible to prove the contrary.

The common notion, that this poiſon may lie in the body for many years, and afterwards prove fatal, is both falſe and ridiculous. If the perſon takes proper medicines for forty days after the time of his being bit and feels no ſymptoms of the diſeaſe, there is reaſon to believe him out of danger.

The medicines recommended for preventing the effects of the bite of a mad dog, are chiefly ſuch as promote the different ſecretions and antiſpaſmodics.

Dr. Mead recommends a preventive medicine, which he ſays he never knew fail, though in the ſpace of thirty years he had uſed it a thouſand times.

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The Doctor's prescription is as follows:

"Take ash-coloured ground liver-wort, cleaned, dried, and powdered, half an ounce; of black pepper powdered, a quarter of an ounce. Mix these well together, and divide the powder into four doses; one of which must be taken every morning fasting, for four mornings successively, in half a pint of cows milk warm.

"After these four doses are taken, the patient must go into the cold bath, or a cold spring or river, every morning fasting, for a month; he must be dipped all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold. After this he must go in three times a-week for a fortnight longer.

"The person must be bled before he begins to use the medicine."

We shall next mention the famous East India specific, as it is called. This medicine is composed of cinnabar and musk. It is esteemed a great antispasmodic; and, by many, extolled as an infalliable remedy for preventing the effects of the bite of a mad dog.

"Take native and factitious cinnabar, of each twenty-four grains, musk sixteen grains. Let these be made into a fine powder, and taken in a glass of arrack or brandy."

This single dose is said to secure the person for thirty days, at the end of which it may be repeated; but if he has any symptoms of the disease, it must be repeated in three hours.

The following is also reckoned a good antismodic medicine.

"Take of Virginian snake-root in powder half a dram, gum asafœtida twelve grains, gum camphire seven grains; make these into a bolus with a little syrup of saffron." or,

"Take purified nitre half an ounce, snake-root in in powder two drams, camphire one dram; rub them together in a mortar, and divide the whole into ten doses."

Vinegar is alſo of conſiderable ſervice, and ſhould be taken freely, either in the patients food or drink.

Theſe are the principal medicines recommended for preventing the effects of the bite of a mad dog. We would not however adviſe people to truſt to any one of them; but from a proper combination of their different powers, there is the greateſt reaſon to hope for ſucceſs.

The great error in the uſe of theſe medicines lies in not taking them for a ſufficient length of time. They are uſed more like charms, than medicines intended to produce any change in the body. To this, and not to the inſufficiency of the medicines, we muſt impute their frequent want of ſucceſs.

If a perſon is bit in a fleſhy part, where there is no hazard of hurting any large blood-veſſel, the parts adjacent to the wound may be cut away. But if this be not done ſoon after the bite has been received, it will be better to omit it.

The wound may be dreſſed with ſalt and water, or a pickle made of vinegar and ſalt, and afterwards dreſſed twice a-day with yellow baſilicum mixed with red precipitate of mercury.

The patient ſhould begin to uſe either Dr. Mead's medicine, or ſome of the others mentioned above. If he takes Mead's medicine, he muſt uſe it as the Doctor directs for four days ſucceſſively. Let him then omit it for two or three days, and again repeat the ſame number of doſes as before.

During this courſe, he muſt rub into the parts about the wound, daily, one dram of the mercurial ointment. This may be done for ten or twelve days at leaſt.

When this courſe is over, he may take a purge or two, and wait a few days till the effect of the mercury be gone off. He muſt then begin to uſe the cold bath, into which he may go every morning for five or ſix weeks. If he ſhould feel cold and chilly for a long time after coming out of the cold bath, it will

will be better to uſe a warm one, or to have the water a little warmed.

In the mean time, we would adviſe him not to leave off all internal medicines, but to take either one of the boluſes of ſnake-root, &c. or one of the powders of nitre, &c. twice a-day, Theſe may be uſed all the time he is bathing,

During the uſe of the mercurial ointment, the patient muſt keep within doors, and take nothing cold,

A proper regimen muſt be obſerved throughout the whole courſe. The patient ſhould abſtain from fleſh, and all ſalted and high-ſeaſoned proviſions. He muſt avoid ſtrong liquors, and live moſtly upon a light and rather ſpare diet. His mind ſhould be kept as eaſy and cheerful as poſſible, and all exceſſive heat and violent paſſions avoided with the utmoſt care.

Mankind are extremely fond of every thing that promiſes a ſudden or miraculous cure. By truſting to theſe they often loſe their lives, when a regular courſe of medicine would have rendered them abſolutely ſafe. This holds remarkable in the preſent caſe. Numbers of people, for example, believe if they or their cattle were once dipped in the ſea, it is ſufficient: as if the ſalt water were a charm againſt the effects of the bite. This, and ſuch like whims, have proved fatal to many.

The learned and humane Dr. Tiſſot ſays it may be cured in the following manner:

1 The patient muſt be bled to a conſiderable quantity; and this may be repeated twice, or thrice, or even a fourth time, if circumſtances require it.

2 The patient ſhould be put, if poſſible, into a warm bath; and this ſhould be uſed twice a-day.

3 He ſhould every day receive two, or even three emollient clyſters.

4 The wound, and the parts adjoining to it, ſhould be rubbed with the mercurial ointment twice a-day.

5 The whole limb, on which the wound is, ſhould be rubbed with oil, and wrapped up in an oily flannel.

6 Every three hours a doſe of Cob's powder ſhould be

be taken in a cup of the infusion of lime-tree and elder flowers. This powder is made by rubbing together in a mortar, to a very fine powder, of native and factitious cinnaber, each twenty-four grains; of musk sixteen grains.

7 The following bolus is to be given every night, and to be repeated in the morning if the patient is not easy, washing it down with the infusion mentioned above: Take one dram of Virginian snake-root in powder; of camphire and asafœtida, ten grains each; of opium, one grain; and with a sufficient quantity of conserve, or rob of elder; make a bolus.

8 If there be a great nausea at the stomach, with a bitterness in the mouth, thirty-five or forty grains of ipecacuanha, in powder, may be taken for a vomit.

9 The patient's food, if he takes any, must be light; as panado, soups made of farinaceous or mealy vegetables, &c.

If the patient should long continue weak, and subject to terrors, he may take half a dram of the Peruvian bark thrice a-day.

The poisonous animals in this country are chiefly of the Viper kind; the grease of this animal rubbed into the wound is said to cure the bite. Though that is all the viper-catchers generally do when bit, we think it not sufficient for the bite of an enraged viper. It would surely be more safe to have the wound well sucked, and afterwards rubbed with warm salad oil. A poultice of bread and milk, softened with salad oil should be applied to the wound; and the patient ought to drink vinegar-whey, or water-gruel with vinegar in it, to make him sweat. Vinegar is one of the best medicine which can be used in any kind of poison, and ought to be taken very liberally. If the patient be sick, he may take a vomit. This course will be sufficient to cure the bite of any of the poisonous animals of this country.

With regard to poisonous insects, as the bee, the wasp, the hornet, &c, their stings are seldom attended with danger, unless when the person happens to be stung

ſtung by a great number of them at the ſame time; in which caſe ſomething ſhould be done to abate the inflammation and ſwelling. Some, for this purpoſe, apply honey, others lay bruiſed parſley on the part; but rubbing the part with warm ſalad-oil is generally the beſt. When the ſtings are ſo numerous as to endanger the patient's life, he muſt have oily poultices applied to the part, be bled, and take ſome cooling medicines, as nitre, or cream of tartar, and ſhould drink plentifully of diluting liquors.

It is the happineſs of this iſland to have very few poiſonous animals, and thoſe which we have are by no means of the moſt virulent kind. Nine-tenths of the effects attributed to poiſon or venom in this country, are really other diſeaſes, and proceed from quite different cauſes.

We cannot however make the ſame obſervation with regard to poiſonous vegetables. Theſe abound everywhere, and prove often fatal to the ignorant and unwary. This indeed is chiefly owing to careleſſneſs. Children ought to be cautioned againſt eating any kind of fruit, roots, or berries, which they do not know; and all poiſonous plants to which they can have acceſs, ought as far as poſſible, to be deſtroyed. This would not be ſo difficult a taſk as ſome perſons imagine.

Poiſonous plants have no doubt their uſe, and they ought to be propagated in proper places; but, as they prove often deſtructive to cattle, they ought to be rooted out of all paſture ground. They ought alſo, for the ſafety of the human ſpecies, to be deſtroyed in the neighbourhood of all towns and villages; which, by the bye, are the places where they moſt commonly abound.

Seldom a year paſſes but we have accounts of ſeveral perſons poiſoned by eating hemlock-roots inſtead of parſneps, or ſome kind of fungus which they had gathered for muſhrooms. Theſe examples ought to put people upon their guard with reſpect to the former, and to put the latter entirely out of uſe.

Muſhrooms

Muſhrooms may be a delicate diſh but they are a dangerous one, as they are generally gathered by perſons who do not know one kind of fungus from another, and take every thing for a muſhroom which has that appearance.

For the benefit of ſuch of our countrymen as go to America, we give the following remedy for the bite of the rattle-ſnake :—Take of the plantain and horehound, roots and branches together, a ſufficient quantity; bruiſe them in a mortar, and ſqueeze out the juice, of which give as ſoon as poſſible, one large ſpoonful; if the patient be ſwelled, you muſt force it down his throat. This generally will cure; but, if he finds no relief in an hour after, you may give another ſpoonful, which never fails. If the roots are dried, they muſt be moiſtened with a little water. To the wound may be applied a leaf of good tobacco moiſtened with rum.

We ſhall beg leave again to recommend the moſt ſtrict attention to the following rules—viz. That when any poiſonous ſubſtance has been taken into the ſtomach, it ought, as ſoon as poſſible, to be diſcharged by vomits, clyſters, and purges; and, when poiſon has been received into the body by a wound, that it be ſucked out or expelled by medicines which promote the different ſecretions, eſpecially thoſe of ſweat, urine, and inſenſible perſpiration; to which may be joined antiſpaſmodics, or ſuch medicines as take off tenſion and irritation; the chief of which are—opium, muſk, camphire, and aſafœtida.

THE VENEREAL DISEASE

Is properly a poiſon, and of the worſt kind. It occaſions conſumptions, hectic fevers, convulſions, and ſometimes even—madneſs! It vitiates the humours, corrodes the bone, waſtes the fleſh, deſtroys every noble faculty of the mind, and renders the afflicted body an object of pity and deteſtation!

Thought

Though this diſeaſe is generally the fruit of unlawful embrace--yet it is ſometimes communicated to the innocent as well as the guilty. Infants, nurſes, and married perſons, whoſe partners lead diſſolute lives, may be afflicted with it, and their health, or lives perhaps, are endangered by the infection of this too common, hateful, and loathſome diſeaſe!

This diſorder is of ſo complicated a nature, that to treat of it properly in all its ſtages, would far exceed the limits that could poſſibly be allowed for it

Cleanlineſs is of the utmoſt importance in this diſeaſe. Heating and ſtimulating aliment, as long kept, ſalted, and high ſeaſoned meats, and ſtrong liquors are particularly to be avoided. The food ought to be light and nouriſhing, the drink ſhould be milk, whey, a decoction of ſarſaparilla, and ſuch like. Gentle exerciſe is neceſſary, and the uſe of the cold bath.

By proper attention to this courſe, though it may not cure the infection, it will at leaſt keep it from growing worſe till the adviſe of a ſkilful phyſician can be had, and who ſhould applied to as ſoon as poſſible:

However, for the benefit of thoſe who have reaſon to fear they are tainted, and who may have not opportunity to conſult a reſpectable phyſician, we would recommend to their attentive peruſal, as the beſt tract we have read on the ſubject, Dr. Buchan's treatiſe on the Venereal diſeaſe.

CHAP. IV.

Of Caſualties.

IT is certain that life, when to all appearence loſt, may often, by due care be reſtored. Accidents frequently prove fatal, merely becauſe proper means are not uſed to counteract their effects.

No perſon ought to be looked upon as killed by any accident, unleſs where the ſtructure of the heart, brain, or ſome organ neceſſary to life, is evidently deſtroyed. The action of theſe organs may be ſo far impaired as even to be for ſome time imperceptible, when life is by no means gone. In this caſe, however, if the fluids be ſuffered to grow cold, it will be impoſſible to put them again in motion, even though the ſolids ſhould recover their power of acting. Thus when the motion of the lungs has been ſtopt by unwholeſome vapour, the action of the heart by a ſtroke on the breaſt, or the functions of the brain by a blow on the head, if the perſon be ſuffered to grow cold, he will in all probability continue ſo; but, if the body be kept warm, as ſoon as the injured part has recovered its power of acting, the fluids will again begin to move, and all the vital functious will be reſtored.

It is a horrid cuſtom immediately to conſign over to death every perſon who has the misfortune by a fall, a blow or the like, to be deprived of the appearance of life. The unhappy perſon, inſtead of being carried into a warm houſe, and laid by the fire, or put to a warm bed, is generally hurried away to church, or a barn, or ſome other cold damp houſe, where, after a fruitleſs attempt has been made to bleed him, perhaps by one who knew nothing of the matter, he is given over for dead, and no further notice taken of him. This conduct ſeems to be the reſult of ignorance,

rance, ſupported by an ancient ſuperſtitious notion, which forbids the body of any perſon killed by accident to be laid in a houſe that is inhabited. What the ground of this ſuperſtition may be, we ſhall not pretend to inquire: but ſurely the conduct founded upon it is contrary to all the principles of reaſon, humanity, and common ſenſe.

It is to be wiſhed that this notion was done away, and that every perſon who has any regard for mankind, or a breaſt open to the ſympathetic feelings of diſtreſs, would, by his adviſe, and by his conduct, uſe his endeavours to remove this or any other notion that may be occaſioned by the want of better information, and which may in any reſpect, injure ſociety; and what is their reward----the pleaſing remembrance of having prolonged the life of a fellow-being! given that ſoul more opportunity to ſerve his God—praiſe him for deliverance—and pray for the preſent and eternal happineſs of the perſon, who ſo lately ſaved him from accidential death!—But indeed, the conſciousneſs of doing good, is an abundant reward for our performance of benevolent actions.

When a perſon ſeems to be ſuddenly deprived of life, our firſt buſineſs is to inquire into the cauſe. We ought carefully to obſerve whether any ſubſtance be lodged in the the windpipe or gullet; and, if that is the caſe, attempts muſt be made to remove it. When unwholeſome air is the cauſe, the patient ought immediately to be removed out of it. If the circulation be ſuddenly ſtopped, from any cauſe whatever, except mere weakneſs, the patient ſhould be bled If the blood does not flow, he may be immerſed in warm water, or rubbed with warm cloths, &c. to promore the circulation. When the cauſe cannot be ſuddenly removed, our great aim muſt be to keep up the vital warmth, by rubbing the patient with hot cloths. or ſalt, and covering his body with warm ſand, aſhes, or the like.

We ſhall now proceed to treat more fully of thoſe accidents, which, without immediate aſſiſtance, would

often prove fatal, and to point out the moſt likely means for relieving the unhappy ſufferers; and in this uſeful part of the treatiſe we have collected the obſervations of the learned and humane Doctors Tiſſot and Buchan, whoſe ſentiments on this ſubject are the beſt we have ſeen, and wiſh for the benefit of ſociety that theſe means for relieving ſuffering humanity were known to every perſon.

SUBSTANCES STOPT

Through accident between the mouth and ſtomach are very common. and extremely dangerous, yet they are generally the effect of careleſſneſs. Children ſhould be taught to chew their food well, and to put nothing into their mouths which it would be dangerous for them to ſwallow. But children are not the only perſons guilty of this piece of imprudence. We know many adults who put pins, nails, and other ſharp-pointed ſubſtances in their mouths upon every occaſion, and ſome who even ſleep with the former there all night. This conduct is exceedingly injudicious, as a fit of coughing, or twenty other accidents, may force over the ſubſtance before the perſon is aware.

When any ſubſtance is detained in the gullet, there are two ways of removing it, viz. either by extracting it or puſhing it down. The ſafeſt and moſt certain way is to extract it; but this is not always the eaſieſt; it may therefore be more eligible ſometimes to thurſt it down, eſpecially when the obſtructing body is of ſuch a nature, that there is no danger from its reception into the ſtomach. The ſubſtances which may be puſhed down without danger are, all common nouriſhing ones, as bread, fleſh, fruits, and the like. All indigeſtible bodies, as cork, wood, bones, pieces of metal, and ſuch like, ought if poſſible to be extracted, eſpecially if theſe bodies be ſharp pointed, as pins, needles, fiſhbones, bits of glaſs, &c.

When

When ſuch ſubſtances have not paſſed in too deep, we ſhould endeavour to extract them with our fingers, which method often ſucceeds. When they are lower, we muſt make uſe of nippers, or a ſmall pair of forcepts, ſuch as ſurgeons uſe. But this attempt to extract rarely ſuccceeds, if the ſubſtance be of a flexible nature, and has deſcended far into the gullet.

If the fingers and nippers fail, or cannot be duly applied, crotchets, a kind of hooks, muſt be employed. Theſe may be made at once, by bending a piece of ſtrong iron wire at one end. It muſt be introduced in the flat way; and for the better conducting it, there ſhould likewiſe be a curve or bending at the end it is held by, to ſerve as a kind of handle to it; which has this further uſe, that it may be ſecured by a ſtring tied to it, a circumſtance not to be omitted in any inſtrument employed on ſuch occaſions, to avoid ſuch ill accidents as have ſometimes enſued from theſe inſtruments ſlipping out of the operator's hand. After the crotchet has paſſed below the ſubſtance that obſtructs the paſſage, it is drawn up again, and hooks up the body along with it. The crotchet is alſo very convenient, when a ſubſtance ſomewhat flexible, as a pin or fiſh-bone, ſticks acroſs the gullet, the hook, in ſuch caſes, ſeizing them about their middle part, crooks and thus diſengages them; or, if they are very brittle ſubſtances ſerves to break them.

When the obſtructing bodies are ſmall, and only ſtop up a part of the paſſage, and which may either eaſily elude the hook, or ſtraiten it by their reſiſtance, a kind of rings, made either of wire, wool, or ſilk, may be uſed. A pice of fine wire of a proper length may be bent into a circle, about the middle, of about an inch diameter, and the long unbent ſides brought paralled, and near each other: theſe are to be held in the hand, and the circular part or ring introduced into the gullet, in order to be conducted about the obſtructing body, and ſo to extract it. More flexible

rings

rings may be made of wool, thread, ſilk, or ſmall pack-thread, which may be waxed for their greater ſtrength and conſiſtence. One of theſe is to be tied faſt to a handle of iron wire, whale-bone, or any kind of flexible wood, and by this means introduced, in order to ſurround the obſtructing ſubſtance, and to draw it out. Several of theſe rings paſſed through one another may be uſed; the more certainly to lay hold of the obſtructing body which may be involved by one, if another ſhould miſs it. Theſe rings have one advantage, which is, that when the ſubſtance to be extracted is once laid hold of, it may then, by turning the handle, be retained ſo ſtrongly in the ring thus twiſted, as to be moved every way, which muſt in many caſes be a conſiderable advantage.

Another material employed on theſe unhappy occaſions is the ſponge. Its property of ſwelling conſiderably on being wet is the principal foundation of its uſefulneſs here. If any ſubſtance is ſtop in the gullet, but without filling up the whole paſſage, a bit of ſponge may be introduced in that part which is unſtopt, and beyond the ſubſtance. The ſponge ſoon dilates, and grows larger in this moiſt ſituation; and indeed the enlargement of it may be forwarded by making the patient ſwallow a few drops of water. Afterwards it is to be drawn back by the handle to which it is faſtened; and as it is now too large to return through the ſmall cavity by which it was conveyed in, it draws out the obſtructing body along with it.

The compreſſibility of ſponge in another foundation of its uſefulneſs in ſuch caſes. A pretty large piece of ſponge may be compreſſed or ſqueezed into a ſmall ſize, by winding a ſtring of tape cloſely about it, which may be eaſily unwound, and withdrawn, after the ſponge has been introduced. A bit of ſponge may alſo be compreſſed by a piece of wale-bone, ſplit at one end; but this can hardly be introduced in ſuch a manner as not to hurt the patient.

Pins

Pins and other ſharp bodies, which had ſtuck in the throat, have been brought up by cauſing the perſon to ſwallow a bit of tough meat tied to a thread, and drawing it quickly up again. This is ſafer than ſwallowing ſponge, and will often anſwer the purpoſe equally well.

When all theſe methods prove unſucceeſsful, there remains one more, which is, to make the patient vomit: but this can ſcarcely be of any ſervice, unleſs when ſuch obſtructing bodies are ſimply engaged in, and not hooked or ſtruck into the ſides of the gullet, as in this caſe vomiting might ſometimes occaſion further miſchief. If the patient can ſwallow, vomiting may be excited by taking half a dram or two ſcruples of ipecacuanha in powder made into a draught. If he is not able to ſwallow, an attempt may be made to excite vomiting, by tickling his throat with a feather; and, if that ſhould not ſucceed, a clyſter of tobacco may be adminiſtered. It is made by boiling an ounce of tobacco in a ſufficient quantity of water; this has often been found to ſucceed, when other attempts to excite vomiting had failed.

When the obſtructing body is of ſuch a nature that it may with ſafety be puſhed downwards, this may be attempted by means of a wax-candle oiled, and a little heated, ſo as to make it flexible; or a piece of whalebone, wire, or flexible wood, with a ſponge faſtened to its end.

Should it be impoſſible to extract even thoſe bodies which it is dangerous to admit into the ſtomach, we muſt then prefer the leaſt of two evils, and rather run the hazard of puſhing them down than ſuffer the patient to periſh in a few minutes; and we ought to ſcruple this reſolution the leſs, as a great many inſtances have happened, where the ſwallowing of ſuch hurtful and indigeſtible ſubſtances have been followed by no diſorder

Whenever it is manifeſt that all endeavours either to extract or puſh down the ſubſtance muſt prove ineffectual, they ſhould be diſcontinued; becauſe the

inflamm ation

inflammation occaſioned by perſiſting in them might be as dangerous as the obſtruction itſelf. Some have died in conſequence of the inflammation, even after the body which cauſed the obſtruction had been entirely removed.

While the means recomended above are making uſe of, the patient ſhould often ſwallow, or, if he cannot, he ſhould frequently receive by injection through a crooked tube or pipe that may reach down to the gullet, ſome emollient liquor, as warm milk and water, barley-water, or a decoction of mallows. Injections of this kind not only ſoften and ſooth the irritated parts, but, when thrown in with force, are often more ſucceſsful in looſening the obſtruction than all attempts with inſtruments.

When, after all our endeavours, we are obliged to leave the obſtructing body in the part, the patient muſt be treated as if he had an inflammatory diſeaſe. He ſhould be bled, kept upon a low diet, and have his whole neck ſurrounded with emollient poultices. The like treatment muſt alſo be uſed, if there be any reaſon to ſuſpect an inflammation of the paſſages, though the obſtructing body be removed.

A proper degree of agitation has ſometimes looſened the inhering body more effectually than inſtruments. Thus a blow on the back has often forced up a ſubſtance which ſtuck in the gullet; but this is ſtill more proper and efficacious when the ſubſtance gets into the wind-pipe. In this caſe vomiting and ſneezing are alſo to be excited. Pins, which ſtuck in the gullet, have been frequently diſcharged by riding on horſeback, or in a carriage.

When any indigeſtible ſubſtance has been forced down into the ſtomach, the patient ſhould uſe a very mild and ſmooth diet, conſiſting chiefly of fruits and farinaceous ſubſtances, as puddings, pottage, and ſoups. He ſhould avoid all heating and irriating things, as wine, punch, pepper, &c. and his drink ſhould be milk and water, barley-water, or whey.

When the gullet is ſo ſtrongly and fully cloſed, that the

the patient can receive no food by the mouth, he muſt be nouriſhed by clyſters of ſoup, jelly, and the like.

When the patient is in danger of being immediately ſuffocated, and all hopes of freeing the paſſage is vaniſhed, ſo that death ſeems at hand, if reſpiration be not reſtored; the operation of bronchotomy, or opening of the wind pipe, muſt be directly performed. As this operation is neither difficult to an expert ſurgeon, nor very painful to the patient, and is often the only method which can be taken to preſerve life in thoſe emergencies, we thought proper to mention it, though it ſhould only be attempted perſons ſkilled in ſurgery.

DROWNED PERSONS,

Or, ſuch as have remained a quarter of hour or more under water, there can be no conſiderable hopes of recovery. But as ſeveral circumſtances may happen to have continued life, in ſuch an unfortunate ſituation, beyond the ordinary term, we ſhould never reſign the unhappy object to his fate, but try every method for his relief, as there are many well atteſted proofs of the recovery of perſons to life and health who had been taken out of the water apparently dead, and who remained a conſiderable time without exhibiting any ſigns of life.

The firſt thing to be done after the body is taken out of the water, is to convey it as ſoon as poſſible to ſome convenient place where the neceſſary operations for its recovery may be performed. In doing this, care muſt be taken not to bruiſe or injure the body by carrying it in an unnatural poſture, with the head downwards, or the like. If an adult body, it ought to be laid on a bed, or on ſtraw, with the head a little raiſed, and carried in a cart or on men's ſhoulders, and kept in as natural and eaſy a poſition as poſſible. A ſmall body may be carred in the arms.

In attempting to recover perſons apparently drowned, the principle intention to be purſued is,

to reſtore the natural warmth, upon which all the vital functions depend; and to excite theſe functions by the application of ſtimulants, not only to the ſkin, but alſo to the lungs, inteſtines, &c.

Though cold was by no means the cauſe of the perſon's death, yet it will prove an effectual obſtacle to his recovery. For this reaſon, after ſtrippiug off his wet clothes, the body muſt be ſtrongly rubbed for a conſiderable time with courſe linen clothes, as warm as they can be made; and, as ſoon as a well-heated bed can be got ready, he may be laid in it, and the rubbing ſhould be continued. Warm cloths ought alſo to be frequently applied to the ſtomach and bowels, and hot bricks or bottles of warm water to the ſoles of his feet, and the palms of his hands.

Strong volatile ſpirits ſhould be often applied to the noſe; and the ſpine of the back and the pit of the ſtomach may be rubbed with warm brandy or ſpirit of wine. The temples ought to chafed with volatile ſpirits; and ſtimulating powders, as that of tobacco or marjoram, may be blown up the noſtrils.

To renew the breathing a ſtrong perſon may blow his own breath into the patient's mouth with all the force he can, holding his noſtrils at the ſame time. When it is preceived by the riſing of the cheſt or belly that the lungs are filled with air, the perſon ought to deſiſt from blowing, and preſs the breaſt and belly ſo as to expel it again; and this operation may be repeated for ſome time, alternately inflating and depreſſing the lungs ſo as to imitate natural reſpiration.

If the lungs cannot be inflated in this manner, it may be attempted by blowing through one of the noſtrils, and at the ſame time keeping the other cloſe. Dr. Monro for this purpoſe recommends a wooden pipe fitted at one end for filling the noſtril, and at the other for being blown into by a perſon's mouth, or for receiving the pipe of a pair of bellows, to be uſed for the ſame purpoſe, if neceſſary.

When air cannot be forced into the cheſt by the mouth

mouth or nose, it may be necessary to make an opening into the wind-pipe for this purpose: but this is an operation which can only be performed by persons skilled in surgery.

To stimulate the intestines, the fumes of tobacco may be thrown up in the form of clyster. There are various pieces of apparatus contrived for this purpose which may be used when at hand; but where these cannot be obtained, the business may be done by a common tobacco-pipe. The bowl of the pipe must be filled with tobacco well kindled, and, after the small tube has been introduced into the fundament, the smoke may be forced up by blowing through a piece of paper full of holes wrapped round the mouth of the pipe, or by blowing through an empty pipe, the mouth of which is applied close to that of the other. This may also be done in the following manner: A common clyster-pipe with a bag mounted upon it may be introduced into the fundament, and the mouth of the bag may be applied round the small end of a tobacco-pipe, and the smoke blown up as directed above. Should it be found impracticable to throw up the smoke of tobacco, clysters of warm water, with the addition of a little salt and some wine or spirits, may be frequently administered. This may be done by a common clyster-bag and pipe; but, as it ought to be thrown well up, a pretty large syringe will answer the purpose better.

While these things are doing, some of the attendants ought to be preparing a warm bath, into which the person should be put, if the above endeavours prove ineffectual. Where there are no conveniences for using the warm bath, the body may be covered with warm salt, sand, ashes, grains, or the like. Tissot mentions an instance of a girl who was restored to life, after she had taken out of the water, swelled, bloated, and to all appearance dead, by laying her naked body upon hot ashes, covering her with others equally hot, putting a bonnet round her head, a stocking round her neck stuffed with the same, and heaping cover-

ings over all. After ſhe had remained half an hour in this ſituation, her pulſe returned, ſhe recovored ſpeech, and cried out, I freeze, I freeze! a little cherry brandy was given her, and ſhe remained as it were buried under the aſhes for eight hours; afterwards ſhe was taken out, without any other complaint except that of laſſitude or wearineſs, which went off in a few days. The doctor mentions alſo an inſtance of a man who was reſtored to life, after he had remained ſix hours under water, by the heat of a dunghill.

Till the patient ſhews ſome ſigns of life, and is able to ſwallow, it would be uſeleſs and even dangerous to pour liquor into his mouth. His lips, however, and tongue, may be frequently wet with a feather dipt in warm brandy or other ſpirits; and as ſoon as he has recovered the power of ſwallowing, a little warm wine, or ſome other cordial, ought every now and then to be adminiſtered.

Some recommend a vomit after the patient is a little re-animated; but if he can be made to puke without the ſickening draught, it will be more ſafe: this may generally be done by tickling the throat and fauces with an oiled feather, or ſome other ſoft ſubſtance, which will not injure the parts. Tiſſot in this caſe recommends the oxymel of ſquills, a table-ſpoonful of which diluted with water, may be given every quarter of an hour, till the patient has taken five or ſix doſes. Where that medicine is not at hand, a ſtrong infuſion of ſage, camomile flowers, or carduus benedictus, ſweetened with honey, or ſome warm water, with the addition of a little ſalt, may, he ſays, ſupply its place. The Doctor does not intend that any of theſe things ſhould be given in ſuch quantity as to occaſion vomiting. He thinks emetics in this ſituation are not expedient.

We are by no means to diſcontinue our aſſiſtance as ſoon as the patient diſcover ſome tokens of life, ſince they ſometimes expire after theſe firſt appearances of recovering. The warm and ſtimulating applications

plications are ſtill to be continued, and ſmall quantities of ſome cordial liquor ought frequently to be adminiſtered. Laſtly, though the perſon ſhould be manifeſtly re-animated, there ſometimes remain an oppreſſion, a cough, and feveriſhneſs, which effectually conſtitute a diſeaſe. In this caſe it will be neceſſary to bleed the patient in the arm, and to cauſe him to drink plentifully of barley-water, elder-flower-tea, or any other pectoral infuſions.

Such perſons as have the misfortune to be deprived of the appearances of life, by a fall, a blow, ſuffocation, or the like, muſt be treated nearly in the ſame manner as thoſe who have been for ſome time under water. Dr. Buchan ſays he once attended a patient who was ſo ſtunned by a fall from a horſe, that for above ſix hours he ſcarcely exhibited any ſigns of life; yet this man, by being bled, and proper methods taken to keep up the vital warmth, recovered, and in a few days was perfectly well. Dr. Alexander gives an inſtance to the ſame purpoſe, in the Edinburgh Phyſicial and Literary Eſſays, of a man who was to all appearance killed by a blow on the breaſt, but recovered upon being immerſed for ſome time in warm water. Theſe, and other inſtances of a ſimilar nature, which might be adduced, amount to a full proof of this fact, that many of thoſe unhappy perſons who loſe their lives by falls, blows, and other accidents, might be ſaved by the uſe of proper means duly perſiſted in.

NOXIOUS VAPOURS,

Or foul air, is often rendered deſtructive to animals This may either happen from its vivifying principle being deſtroyed, or from ſubtle exhalations with which it is impregnated. Thus air that has paſſed through burning fuel is neither capable of ſupporting fire nor the life of animals. Hence the danger of ſleeping in cloſe chambers with coal fires. Some indeed ſuppoſe the danger here proceeds from the ſulphurous

phurous oil contained in the coal, which is ſet at liberty and diffuſed all over the chamber; while others imagine it is owing to the air of the room being charged with phlogiſton. Be this as it may, it is a ſituation carefully to be avoided. Indeed it is dangerous to ſleep in a ſmall apartment with a fire of any kind. Four perſons were ſuffocated lately by ſleeping in an apartment where a ſmall fire of coal had been left burning.

The vapour which exhales from wine, cyder, beer, or other liquors, in the ſtate of fermentation, contains ſomething poiſonous, which kills in the ſame manner as the vapour of coal. Hence there is always danger in going into cellers where a large quantity of theſe liquors is in a ſtate of fermentation, eſpecially if they have been cloſe ſhut up for ſome time. There have been many inſtances of perſons ſtruck dead on entering ſuch places, and of others who have with difficulty eſcaped.

When ſubterraneous caves, that have been very long ſhut, are opened, or when deep wells are cleaned, which have not been emptied for ſeveral years, the vapours ariſing from them produce the ſame effects as thoſe mentioned above. For this reaſon, no perſon ought to venture into a well, pit, cellar, or any place that is damp, and has heen long ſhut up, till the air has been ſufficiently purified, by burning gunpowder in it. It is eaſy to know, as has been obſerved in a former part of this work, when the air of ſuch places is unwholeſome, by letting down a lighted candle, throwing in burning fuel, or the like. If theſe continue to burn, people may ſafely venture in; but where they are ſuddenly extinguiſhed, no one ought to enter till the air has been firſt purified by fire.

The offenſive ſmell of lamps and of candles, eſpecially when their flames are extinguiſhed, operate like other vapours, though with leſs violence, and leſs ſuddenly. There have however been inſtances of people killed by the fumes of lamps which had been

been extinguiſhed in a cloſe chamber, and perſons of weak, delicate breaſts generally find themſelves quickly oppreſſed in apartments illuminated with many candles.

Such as are ſenſible of their danger in theſe ſituations, and retreat ſeaſonably from it, are generally relieved as ſoon as they get into the open air, or, if they have any remaining uneaſineſs, a little water and vinegar, or lemonade, drank hot, affords them relief. But when they are ſo far poiſoned, as to have loſt their feeling and underſtanding, the following means muſt be uſed for their recovery:

The patient ſhould be expoſed to a very pure, freſh, and open air; and volatile ſalts, or other ſtimulating ſubſtances, held to his noſe. He ſhould next be bled in the arm, or if that does not ſucceed, in the neck. His legs ought to be put into warm water, and well rubbed. As ſoon as he can ſwallow, ſome lemonade, or water and vinegar, with the addition of a little nitre, may be given him.

Nor are ſharp clyſters by any means to be neglected; theſe may be made, by adding to the common clyſter, ſyrup of buckthorn, and tincture of ſenna, of each two ounces; or, in their ſtead, half an ounce of Venice turpentine diſſolved in the yolk of an egg. Should theſe things not be at hand, two or three large ſpoonfuls of common ſalt may be put into the clyſter. The ſame means, if neceſſary, which were recommended in the former part of this chapter, may be uſed to reſtore the circulation, warmth, &c.

Mr. Toſſach, ſurgeon at Alloa, relates the caſe of a man ſuffocated by the ſteam of burning coal, whom he recovered by blowing his breath into the patient's mouth, bleeding him in the arm, and cauſing him to be well rubbed and toſſed about. And Dr. Frewen, of Suſſex, mentions the caſe of a young man who was ſtupified by the ſmoke of ſea-coal, but was recovered by being plunged into cold water, and afterwards laid in a warm bed.

The

The practice of plunging persons suffocated by noxious vapours into cold water, would seem to be supported by the common experiment of suffocating dogs in the grotto del cani, and afterwards recovering them, by throwing them into the neighbouring lake.

THE EFFECTS OF COLD,

When it is extremely severe, and a person is exposed to it for a long time, proves mortal in consequence of its stopping the circulation in the extremities, and forcing too great a proportion of blood towards the brain: so that the patient dies of a kind of apoplexy, preceded by great sleepiness. The traveller, in this situation, who finds himself begin to grow drowsy, should redouble his efforts to extricate himself from the imminent danger he is exposed to. This sleep, which he might consider as some alleviation of his sufferings, would, if indulged, prove his last.

Such violent effects of cold are happily not very common in this country; it frequently happens, however, that the hands or feet of travellers are so benumbed or frozen, as to be in danger of a mortification, if proper means are not used to prevent it. The chief danger in this situation arises from the sudden application of heat, It is very common, when the hands or feet are pinched with cold, to hold them to the fire; yet reason and observation shew that this is a most dangerous and imprudent practice.

Every peasant knows, if frozen meat, fruits, or roots of any kind, be brought near the fire, or put into warm water, they will be destroyed by rottenness, or a kind of mortification; and that the only way to recover them, is to immerse them for some time in very cold water. The same observation holds with regard to animals in this condition.

When

When the hands or feet are greatly benumbed with cold, they ought either to be immerſed in cold water, or rubbed with ſnow, till they recover their natural warmth and ſenſibility: after which, the perſon may be removed into an apartment a little warmer, and may drink ſome cups of tea, or an infuſion of elder-flowers ſweetened with honey. Every perſon muſt have obſerved, when his hands were even but ſlightly affected with cold, that the beſt way to warm them was by waſhing them in cold water, and continuing to rub them well for ſome time.

When a perſon has been ſo long expoſed to the cold, that all appearances of life are gone, it will be neceſſary to rub him all over with ſnow or cold water; or, what will anſwer better, if it can be obtained, to immerſe him in a bath of the very coldeſt water. There is the greateſt encouragement to perſiſt in the uſe of theſe means, as we are aſſured that perſons who had remained in the ſnow, or had been expoſed to the freezing air during five or ſix ſucceſſive days, and who had diſcovered no marks of life for ſeveral hours, have nevertheleſs been revived.

Whitloes, kibes, chilblains, and other inflammations of the extremities, which are ſo common among the peaſants in the cold ſeaſon, were chiefly occaſioned by their ſudden tranſitions from cold to heat. After they have been expoſed to an extreme degree of cold, they immediately apply their hands and feet to the fire, or, if they have occaſion, plunge them into warm water, by which means, if a mortification does not happen, an inflammation ſeldom fails to enſue. Moſt of the ill conſequences from this quarter might be eaſily avoided, by only obſerving the precautions mentioned above.

THE EFFECTS OF EXTREME HEAT,

Though not ſo common in this country, are no leſs fatal, and much more ſudden than thoſe of cold. In hot countries people frequently drop down dead in the ſtreets, exhauſted with heat and fatigue. In this caſe, if any warm cordial can be poured into the mouth it ought to be done. If this cannot be effected, they may be thrown up in form of a clyſter. Volatile ſpirits, and other things of a ſtimulating nature, may be applied to the ſkin, which ſhould be well rubbed with coarſe cloaths; whipped with nettles, or other ſtimulating things. Some of the ancient phyſicians are ſaid to have reſtored to life perſons apparently dead, by beating them with rods.

CHAP.

CHAP. V.

Of Fainting Fits, and other cases which require immediate assistance.

STRONG and healthy persons, who abound with blood, are often seized with sudden fainting fits, after violent exercise, drinking freely of warm or strong liquors, exposure to great heat, intense application to study, or the like.

In such cases the patient should be made to smell to some vinegar. His temples, forehead, and wrists, ought at the same time to be bathed with vinegar mixed with an equal quantity of warm water; and two or three spoonfuls of vinegar, with four or five times as much water, may, if he can swallow, be poured into his mouth.

If the fainting proves obstinate, or degenerates into a syncope, that is, an abolition of feeling and understanding, the patient must be bled. After the bleeding, a clyster will be proper, and then he should be kept easy and quiet, only giving him every half hour a cup or two of an infusion of any mild vegetable, with the addition of a little sugar and vinegar.

When swoonings, which arise from this cause, occur frequently in the same person, he should, in order to escape them, confine himself to a light diet, consisting chiefly of bread, fruits, and other vegetables. His drink ought to be water or small beer, and he should sleep but moderately, and take much exercise.

But fainting fits proceed much oftener from a defect than an excess of blood. Hence they are very ready to happen after great evacuations of any kind, obstinate watching, want of appetite, or such like. In

theſe an almoſt directly oppoſite courſe to that mentioned above muſt be purſued.

The patient ſhould be laid in bed, with his head low, and being covered, ſhould have his legs, thighs, arms, and his whole body rubbed ſtrongly with hot flannels. Hungary water, volatile ſalts, or ſtrong ſmelling herbs, as rue, mint, or roſemary, may be held to his noſe. His mouth may be wet with a little rum or brandy; and, if he can ſwallow, ſome hot wine, mixed with ſugar and cinnamon, which is an excellent cordial, may be poured into his mouth. A compreſs of flannel dipt in hot wine or brandy muſt be applied to the pit of his ſtomach, and warm bricks, or bottles filled with hot water, laid to his feet.

As ſoon as the patient is recovered a little, he ſhould take ſome ſtrong ſoup or broth, or a little bread or biſcuit ſoaked in hot-ſpiced wine. To prevent the return of the fits, he ought to take often, but in ſmall quantities, ſome light yet ſtrengthening nouriſhment, as panado made with ſoup inſtead of water, new-laid eggs lightly poached, chocolate, light roaſt meats, jellies, and ſuch like.

Thoſe fainting fits, which are the effect of bleeding, or of the violent operation of purges, belong to this claſs. Such as happen after artificial bleeding are ſeldom dangerous, generally terminating as ſoon as the patient is laid upon the bed: indeed perſons ſubject to this kind ſhould always be bled lying, in order to prevent it. Should the fainting however continue longer than uſual, volatile ſpirits may be held to the noſe, and rubbed on the temples, &c.

When fainting is the effect of too ſtrong or acrid purges or vomits, the patient muſt be treated in all reſpects as if he had taken poiſon. He ſhould be made to drink plentifully of milk, warm water and oil, barley-water, or ſuch like; emollient clyſters will likewiſe be proper, and the patient's ſtrength ſhould afterwards

afterwards be recruited, by giving him generous cordials, and anodyne medicines.

Faintings are often occaſioned by indigeſtion. This may either proceed from the quantity or quality of the food. When the former of theſe is the cauſe, the cure will be beſt performed by vomiting, which may be promoted by cauſing the patient to drink a weak infuſion of camomile-flowers, carduus benedictus, or the like, When the diſorder proceeds from the nature of the food, the patient, as in the caſe of weakneſs, muſt be revived by ſtrong ſmells, &c. after which he ſhould be made to ſwallow a large quantity of light warm fluid, which may ſerve to drown, as it were, the offending matter, to ſoften its acrimony, and either to effect a diſcharge of it by vomiting, or force it down into the inteſtines.

Even diſagreeable ſmells will ſometimes occaſion ſwoonings, eſpecially in people of weak nerves. When this happens, the patient ſhould be carried into the open air, have ſtimulating things held to his noſe, and thoſe ſubſtances which are diſagreeable to him ought immediately to be removed. But we have already taken notice of ſwooning which ariſe from nerves diſorders, and ſhall therefore ſay no more upon that head.

Fainting fits often happen in the progreſs of diſeaſes. In the beginning of putrid diſeaſes they generally denote an oppreſſion at the ſtomach, or a maſs of corrupted humours; and they ceaſe after evacuations either by vomit or ſtool. When they occur at the beginning of malignant fevers, they indicate great danger. In each of theſe caſes, vinegar uſed both externally and internally is the beſt remedy during the paroxiſm, and plenty of lemon-juice and water after it. Swoonings which happen in diſeaſes accompanied with great evacuations, muſt be treated like thoſe which are owing to weakneſs, and the evacuatious ought to be reſtrained. When they happen towards the end of a violent fit of an intermitting fever, or at that of each exacerbation of a continual

continual fever, the patient muſt be ſupported by ſmall draughts of wine and water.

Delicate and hyſteric women are very liable to ſwooning or fainting fits after delivery. Theſe might be often prevented by generous cordials, and the admiſſion of freſh air. When they are occaſioned by exceſſive flooding, it ought by all means to be reſtrained. They are generally the effect of mere weakneſs or exhauſtion. Dr. Engleman relates the caſe of a woman "in childbed, who, after being happily delivered, ſuddenly fainted, and lay upwards of a quarter of an hour apparently dead. A phyſician was ſent for: her own maid, in the mean while, being out of patience at his delay, attempted to aſſiſt her herſelf, and extending herſelf upon her miſtreſs, applied her mouth to her's, blew in as much breath as ſhe poſſibly could, and in a very ſhort time the exhauſted woman awaked as out of a profound ſleep; when proper things being given her, ſhe ſoon recovered.

"The maid being aſked how ſhe came to think of this expedient, ſaid, ſhe had ſeen it practiſed at Altenburgh, by midwives, upon children with the happieſt effect."

We mention this caſe chiefly that other midwives may be induced to follow ſo laudable an example. Many children are born without any ſigns of life, and others expire ſoon after the birth, who might, without all doubt, by proper care, be reſtored to life.

From whatever cauſe fainting fits proceed, freſh air is always of the greateſt importance to the patient. By not attending to this circumſtance, people often kill their friends while they are endeavouring to ſave them. Alarmed at the patient's ſituation, they call in a crowd of people to his aſſiſtance, or perhaps to witneſs his exit, whoſe breathing exhauſts the air, and increaſes the danger. There is not the leaſt doubt but this practice, which is very common among the lower ſort of people, often proves

proves fatal, eſpecially to the delicate, and ſuch perſons as fall into fainting-fits from mere exhauſtion, or the violence of ſome diſeaſe. No more perſons ought ever to be admitted into the room where a patient lies in a ſwoon than are abſolutely neceſſary for his aſſiſtance, and the windows of the apartment ſhould always to be opened, at leaſt as far as to admit a ſtream of freſh air.

Perſons ſubject to frequent ſwooning or fainting-fits, ſhould neglect no means to remove the cauſe of them, as their conſequences are always injurious to the conſtitution. Every fainting fit leaves the perſon in dejection and weakneſs! the ſecretions are thereby ſuſpended, the humours diſpoſed to ſtagnation, coagulations and obſtructions are formed, and if the motion of the blood be totally intercepted, or very conſiderably checked, polypuſes are ſometimes formed in the heart or larger veſſels. The only kind of ſwoonings not to be dreaded are thoſe which ſometimes mark the criſis in fevers; yet even theſe ought, as ſoon as poſſible, to be removed.

THE EFFECTS OF INTOXICATION

Are often fatal! No kind of poiſon kills more certainly than an over-doſe of ardent ſpirits! Sometimes, by deſtroying the nervous energy, they put an end to life at once!—but in general their effects are more ſlow, and in many reſpects ſimilar to thoſe of opium. Other kinds of intoxicating liquors may prove fatal as well as ardent ſpirits; but they may generally be diſcharged by vomiting, which ought always to be excited when the ſtomach is overcharged with liquor.

Many of thoſe unhappy perſons, who die intoxicated, loſe their lives from an inability to conduct themſelves, as well as from the deſtructive quality of the liquor. Unable to walk, they tumble down, and lie in ſome awkward poſture which obſtructs the circulation, or breathing, and often continue in this ſituation

ſituation till they die! No drunken perſon ſhould be left by himſelf, till his clothes have been looſened, and his body laid in ſuch poſture as is moſt favourable for continuing the vital motions, diſcharging the contents of the ſtomach, &c. The beſt poſture to excite vomiting is to lay the perſon on his belly; when aſleep he may be laid on his ſide, with his head a little raiſed, and particular care muſt be taken that his neck be no way bent, twiſted, or have any thing too tight about it.

The exceſſive degree of thirſt occaſioned by drinking ſtrong liquors, often induce people to quench it by taking what is hurtful. Fatal conſequences frequently happen even from drinking freely of milk after a debauch of wine or ſour punch; theſe acid liquors, together with the heat of the ſtomach, having coagulated the milk in ſuch a manner that it could not be digeſted. The ſafeſt drink after a debauch is water with a toaſt, tea, infuſions of balm, ſage, barley-water, and ſuch like. If the perſon wants to vomit, he may drink a weak infuſion of camomile-flowers, or lukewarm water with oil; but in this condition vomiting may generally be excited by only tickling the throat with the finger or a feather.

Inſtead of giving a detail of all the different ſymptoms of intoxication which indicate danger, and propoſing a general plan of treatment for perſons in this ſituation, we ſhall briefly relate the hiſtory of a caſe which lately fell under the obſervation of the ſkilful and humane Dr. Buchan, wherein moſt of thoſe ſymptoms uſually reckoned dangerous concurred, and where the treatment was ſucceſsful.

"A young man, about fifteen years of age, had, for a hire, drank ten glaſſes of ſtrong brandy. He ſoon after fell faſt aſleep, and continued in that ſituation for ſeveral hours, till at length his uneaſy manner of breathing, the coldneſs of the extremities, and other threatening ſymptoms, alarmed his friends, and made them ſend for me. I found him ſtill ſleeping, his countenance ghaſtly, and his ſkin covered with a clammy

clammy ſweat. Almoſt the only ſigns of life remaining were, a deep laborious breathing, and a convulſive motion or agitation of his bowels.

"I tried to rouſe him, but in vain, by pinching, ſhaking, applying volatile ſpirits, and other ſtimulating things to his noſe, &c. A few ounces of blood were likewiſe taken from his arm, and a mixture of vinegar and water was poured into his mouth; but as he could not ſwallow, very little of this got into the ſtomach. None of theſe things having the leaſt effect, and the danger ſeeming to increaſe, I ordered his legs to be put into warm water, and a ſharp clyſter to be immediately adminiſtered. This gave him a ſtool, and was the firſt thing that relieved him. It was repeated with the ſame happy effect, and ſeemed to be the chief cauſe of his recovery. He then began to ſhew ſome ſigns of life, took drink when it was offered him, and came gradually to his ſenſes. He continued, however, for ſeveral days weak and feveriſh, and complained much of a foreneſs in his bowels, which gradually went off, by means of a ſlender diet, and cool mucilaginous liquors."

This young man would probably have been ſuffered to die, without any aſſiſtance being called, had not a neighbour, a few days before, who had been adviſed to drink a bottle of ſpirits to cure him of an ague, expired under very ſimilar circumſtances !!!

Behold! here a young man on the very verge of the grave by one ſingle act, which the polite people of this faſhonable age modeſtly call "imprudence," which in fact is bartering health for a bravado! and life for brandy!

SUFFOCATION AND STRANGLING

May ſometimes proceed from an infraction of the lungs, produced by viſcid clammy humours, or a ſpaſmodic affection of the nerves of that organ. Perſons who feed groſsly, and abound in rich blood,

are very liable to suffocating fits from the former of these causes. Such ought, as soon as they are attacked, to be bled, to receive an emollient clyster, and to take frequently a cup of diluting liquor with a little nitre in it. They should also receive the steams of hot vinegar into their lungs by breathing.

Nervous and asthmatic persons are most subject to spasmodic affections of the lungs. In this case the patient's legs should be immersed in warm water, and the steams of vinegar applied as above. Warm diluting liquors should also be drank; to a cup of which a tea-spoonful of the parygoric elixir may occasionally be added. Burnt paper, feathers, or leather may be held to the patient's nose, and fresh air should be freely admitted to him.

Infants are often suffocated by the carelessness or inattention of their nurses. This ought to serve as a caution against employing hysteric women as nurses; and should likewise teach such women never to lay an infant in the same bed with themselves, but in a small adjacent one. An infant when in bed should always be laid so, that it cannot tumble down with its head under the bed-clothes; and when in a cradle, its face ought never to be covered. A small degree of attention to these two simple rules would save the lives of many infants, and prevent others from being rendered weak and sickly all their days by the injuries done to their lungs.

Instead of laying down a plan for the recovery of infants who are suffocated, or overlaid, as it is termed by their nurses, we shall give the history of a case related by Monsieur Janin, of the Royal College of Surgery at Paris, as it was attended with success, and contains almost every thing that can be done on such occasions.

A nurse having had the misfortune to overlay a child, he was called in, and found the infant without any signs of life; no pulsation in the arteries, no respiration, the face livid, the eyes open, dull, and tarnished, the nose full of snivel, the mouth gaping, in short,

ſhort, it was almoſt cold. Whilſt ſome linen clothes and a parcel of aſhes were warming, he had the boy unſwathed, and laid him in a warm bed, and on the right ſide. He then was rubbed all over with fine linen, for fear of fretting his tender and delicate ſkin. As ſoon as the aſhes had received their due degree of heat, Mr. Janin buried him in them, except the face, laid him on his left ſide, and covered him with a blanket. He preſented ſtrong volatile ſalts to his noſe from time to time: and between whiles ſome puffs of tobacco were blown up his noſtrils: to theſe ſucceeded the blowing into his mouth, and ſqueezing tight his noſe. Animal heat began thus to be excited gradually; the pulſations of the temporal artery were ſoon felt, the breathing became more frequent and free, and the eyes cloſed and opened alternately. At length the child fetched ſome cries expreſſive of his want of the breaſt, which being applied to his mouth, he catched at it with avidity, and ſucked as if nothing had happened to him. Though the pulſations of the arteries were by this time very well reeſtabliſhed, and it was hot weather, yet Mr. Janin thought it adviſeable to leave his little patient three quarters of an hour longer under the aſhes. He was afterwards taken out, cleaned and dreſſed as uſual: to which a gentle ſleep ſucceeded, and he continued perfectly well.

Mr. Janin mentions alſo an example of a young man who had hanged himſelf through deſpair, to whom he adminiſtered help as effectualy as in the preceding caſe.

Mr. Glover, ſurgeon in Doctors Commons, London, relates the caſe of a perſon who was reſtored to life after twenty-nine minutes hanging, and continued in good health for many years after.

The principal means uſed to reſtore this man to life were, opening the temporal artery and the external jugular; rubbing the back, mouth, and neck, with a quantity of volatile ſpirits and oil; adminiſtering the tobacco clyſter by means of lighted pipes, and ſtrong frictions of the legs and arms. This courſe

had been continued for about four hours when an inciſion was made into the wind pipe, and air blown ſtrongly through a canula into the lungs. About twenty minutes after this, the blood at the artery began to run down the face, and a ſlow pulſe was juſt perceptible at the wriſt. The frictions were continued for ſome time longer; his pulſe became more frequent, and his mouth and noſe being irritated with ſpirit of ſal ammoniac, he opened his eyes. Warm cordials were then adminiſtered to him, and in two days he was ſo well as to be able to walk eight miles.

Theſe caſes are ſufficient to ſhew what may be done for the recovery of thoſe unhappy perſons who ſtrangle themſelves in a fit of deſpair.

CONVULSION FITS

Often conſtitute the laſt ſcene of acute or chronic diſorders. When this is the caſe, there can remain but ſmall hopes of the patient's recovery after expiring in a fit. But when a perſon who appears to be in perfect health, is ſuddenly ſeized with a convulſion fit, and ſeems to expire, ſome attempts ought always to be made to reſtore him to life. Infants are moſt liable to convulſions, and are often carried off very ſuddenly by one or more fits about the time of teething. There are many well authenticated accounts of infants having been reſtored to life, after they had to all appearance expired in convulſions: but we ſhall only relate the following inſtance mentioned by Dr. Johnſon in his pamphlet on the practicability of recovering perſons viſibly dead.

In the pariſh of St. Clemens in Colcheſter, a child of ſix months old, laying upon its mother's lap, having had the breaſt, was ſeized with a ſtrong convulſion fit, which laſted ſo long, and ended with ſo total a privation of motion in the body, lungs, and pulſe, that it was deemed abſolutely dead. It was accordingly ſtripped, laid out, the paſſing-bell ordered to be tolled,

tolled, and a coffin to be made; but a neighbouring gentlewoman who uſed to admire the child, hearing of its ſudden death, haſtened to the houſe, and upon examining the child, found it not cold, its joints limber, and fancied that aglaſs ſhe held to its mouth and noſe was a little damped with the breath; upon which ſhe took the child in her lap, ſat down before the fire, rubbed it, and kept it in gentle agitation. In a quarter of an hour ſhe felt the heart begin to beat faintly; ſhe then put a little of the mother's milk into its mouth, continued to rub its palms and ſoles, found the child begin to move, and the milk was ſwallowed; and in another quarter of an hour ſhe had the ſatisfaction of reſtoring to its diſconſolate mother the babe quite recovered, eager to lay hold of the breaſt, and able to ſuck again. The child throve, had no more fits, is grown up, and at preſent alive.

Theſe means, which are certainly in the power of every perſon, were ſufficient to reſtore to life an infant to all appearance dead, and who, in all probability, but for the uſe of theſe ſimple endeavours, would have remained ſo. There are however many other things which might be done in caſe the above ſhould not ſucceed; as rubbing the body with ſtrong ſpirits, covering it with warm aſhes or ſalt, blowing air into the lungs, throwing up warm ſtimulating clyſters or the ſmoke of tobacco into the inteſtines, and ſuch like.

When children are dead born, or expire ſoon after the birth, the ſame means ought to be uſed for their recovery, as if they had expired in circumſtances ſimilar to thoſe mentioned above.

Theſe directions may likewiſe be extended to adults, attention being always paid to the age and other circumſtances of the patient.

The ſociety for the recovery of drowned perſons, inſtituted at Amſterdam in the year 1767, had the ſatisfaction to find that no fewer than 150 perſons in the ſpace of four years had been ſaved by the means

means pointed out by them, many of whom owed their preſervation to peaſants and people of no medical knowledge. But the means uſed with ſo much efficacy in recovering drowned perſons are, with equal ſucceſs, appicable to a number of caſes where the powers of life ſeem in reality to be only ſuſpended, and to remain capable of renewing all their functions, on being put into motion again. It is ſhocking to reflect, that for want of this conſideration many perſons have been committed to the grave in whom the principles of life might have been revived.

The caſes wherein ſuch endeavours are moſt likely to be attended with ſucceſs, are all thoſe called ſudden deaths from an inviſible cauſe, as apoplexies, hyſterics, faintings. and many other diſorders wherein perſons in a moment ſink down and expire. The various caſualties in which they may be tried are, ſuffocations, from the ſulphureous damps of mines, coal-pits, &c. the unwholeſome air of long unopened wells or caverns; the noxious vapours ariſing from fermenting liquors; the ſteams of burning charcoal; ſulphureous mineral acids; arſenical effluvia, &c.

The various accidents of drowning, ſtrangling, and apparent deaths, by blows, falls, hunger, cold, &c. likewiſe furniſh opportunities of trying ſuch endeavours. Thoſe perhaps who to appearance are killed by lightning, or by any violent agitation of the paſſions, as fear, joy, ſurpriſe, and ſuch like, might alſo be frequently recovered by the uſe of proper means, as blowing ſtrongly into their lungs, &c.

The means to be uſed for the recovery of perſons ſuddenly deprived of life are nearly the ſame in all caſes; they are practicable by every one who happens to be preſent at the accident, and require no great expence, and leſs ſkill. The great aim is to reſtore the warmth and vital motions. This may in general be attempted by means of heat, frictions, bleeding, blowing air into the lungs, adminiſtering clyſters

clyſters and generous cordials. Theſe muſt be varied according to circumſtances. Common ſenſe, and the ſituation of the patient, will ſuggeſt the proper manner of conducting them. Above all, we would recommend perſeverance. People ought never to deſpair on account of diſcouraging circumſtances, or to leave off their endeavours as long as there is the leaſt hope of ſucceſs. Where much good and no hurt can be done, no one ought to grudge his labour.

It were greatly to be wiſhed, that an inſtitution, ſimilar to that of Amſterdam, was eſtabliſhed, upon a more extenſive plan, in Great Britain; and that a reward was allowed to every one who ſhould be inſtrumental in reſtoring to life a perſon ſeemingly dead. Men will do much for fame, but ſtill more for money. Should no profit, however, be annexed to thoſe benevolent offices, the heart-felt pleaſure which every good man muſt enjoy on reflecting that he has been the happy inſtrument of ſaving one of his fellow creatures from an untimely grave, is itſelf a ſufficient reward.

PART

Part Fourth.

CHAP. I.

Diſeaſes peculiar to Women.

WOMEN, in all civilized nations, have the management of domeſtic affairs, and it is very proper they ſhould, as nature has made them leſs fit for the more active and laborious employments. This indulgence, however, is generally carried too far; and females, inſtead of being benefited by it, are greatly injured, from the want of exerciſe and free air. To be ſatisfied of this, one need only compare the freſh and ruddy looks of a milk-maid, with the pale complexion of thoſe females whoſe whole time is ſpent within doors. Though nature has made an evident diſtinction between the male and female with regard to bodily ſtrength and vigour, yet ſhe certainly never meant, either that the one ſhould be always without, or the other always within doors.

The confinement of females, beſides hurting their figure and complexion, relaxes their ſolids, weakens their minds, and diſorders all the functions of the body. Hence proceed obſtructions, abortions, and the whole train of nervous diſorders. Theſe not only unfit women for being mothers and nurſes, but often render them whimſical and ridiculous! A ſound mind depends ſo much upon a healthy body, that where the latter is wanting, the former is rarely to be found.

Such females as are engaged buſily in houſehold affairs are generally healthy. Women who are chiefly employed without doors, in the different branches of huſbandry, gardening, and the like, are almoſt

almoſt as hardy as their huſbands. and their children are alſo ſtrong and healthy. But as the bad effects of confinement and inactivity upon both ſexes have been already ſhewn, we ſhall proceed to point out thoſe circumſtances in the ſtructure and diſign of females, which ſubject them to peculiar diſeaſes; the chief of which are, their monthly evacuations, pregnancy, and child-bearing. Theſe indeed cannot properly be called diſeaſes, but, from the delicacy of the ſex, and their beiug often improperly managed in ſuch ſituations, they become ſorces of numerous calamities.

THE MENSTRUAL DISCHARGE

Generally comes on about the age of fifteen, and it leaves them at about fifty, which render theſe two periods the moſt critical of their lives. About the firſt appearance of this diſcharge, the conſtitution undergoes a very conſiderable change, generally indeed for the better, though ſometimes for the worſe. The greateſt care is now neceſſary, as the future health and happineſs of the female depends in a great meaſure upon her conduct at this period.

It is the indiſpenſible duty of mothers, and thoſe who are intruſted with the education of girls, to inſtruct them early in the conduct and management of themſelves at this critical period of their lives. Falſe modeſty, inattention, and ignorance of what is beneficial or hurtful at this time, are the ſources of many diſeaſes and misfortunes in life, which a few ſenſible leſſons from an experienced matron might have prevented. Nor is the care leſs neceſſary in the ſubſequent returns of this diſcharge. Taking improper food, violent affections of the mind, or catching cold at this period, is often ſufficient to ruin the health, or render the female ever after incapable of procreation.

If a girl about this time of life be cloſe confined, kept conſtantly ſitting, and neither employed in do-

meſtic affairs of the houſe, nor any other active buſineſs, which gives exerciſe to the whole body, ſhe becomes weak, relaxed, and puny; her blood not being duly prepared, ſhe looks pale and wan; her health, ſpirits, and vigour decline, and ſhe ſinks into a valetudinary for life. Such is the fate of numbers of thoſe unhappy females, who, either from their too much indulgence, or their own narrow circumſtances, are, at this critical period, denied the benefit of exerciſe and free air.

A lazy, indolent diſpoſition proves alſo very hurful to girls at this period. One ſeldom meets with complaints from obſtructions among the more active and induſtrious part of the ſex; whereas the indolent and lazy are ſeldom free from them. Theſe are in a manner eaten up by the chloroſis, or green-ſickneſs, and other diſeaſes of this nature. We would therefore recommend it to all who wiſh to eſcape theſe calamities, to avoid indolence and inactivity, as their greateſt enemies, and to be as much abroad in the open air as poſſible.

Another thing which proves very hurtful to girls about this period of life, is unwholeſome food. Fond of all manner of traſh, they often indulge it, till their whole humours are quite vitiated. Hence enſue indigeſtions, want of appetite, and a numerous train of evils. If the fluids be not duly prepared, it is utterly impoſſible that the ſecretions ſhould go properly on. Accordingly we find, that ſuch girls as lead an indolent life, and eat great quantities of traſh, are not only ſubject to obſtructions of the menſes, but alſo to glandular obſtructions; as the ſcrophula, &c.

A dull diſpoſition is alſo very hurtful to girls at this period. It is a rare thing to ſee a ſprightly girl who does not enjoy good health, while the grave, moping, melancholy creature, proves the very prey of vapours and hyſterics. Youth is the ſeaſon for mirth and cheerfulneſs. Let it therefore be indulged—it is an abſolute duty. To lay in a ſtock of health in time of youth, is as neceſſary a piece of prudence, as to make

proviſion againſt the decays of old age. While, therefore, wiſe nature prompts the happy youth to join in ſprightly amuſements, let not the ſevere dictates of hoary age forbid the uſeful impulſe, nor damp with ſerious gloom, the ſeaſon deſtined to mirth and innocent feſtivity.

Another thing very hurful to females about this period of life is ſtrait clothes. They are fond of a fine ſhape, and fooliſhly imagine that this can be acquired by lacing themſelves tight! Hence by ſqueezing the ſtomach and bowels, they hurt the digeſtion, and occaſion many incurable maladies. This error is not indeed ſo common as it has been; but, as faſhions change, it may come about; we therefore think it not improper to mention it. Many females, to this day, feel the direful effects of that wretched cuſtom which prevailed ſome years ago, of ſqueezing every girl into as ſmall a ſize in the middle as poſſible. Human invention could not poſſibly have deviſed a practice more deſtructive to health!

After a female has arrived at that period of life when the menſes auſually begin to flow, and they do not appear, but, on the contrary, her health and ſpirits begin to decline, we would adviſe, inſtead of ſhutting the poor girl up in the houſe and doſing her with preparations of ſteel, aſafœtida, and other nauſeous drugs, to place her in a ſituation where ſhe can enjoy the benefit of freſh air and agreeable company. There let her eat wholeſome food, take ſufficient exerciſe, and amuſe herſelf in the moſt rational manner; and we have little reaſon to fear, but nature, thus aſſiſted, will do her proper work. Indeed ſhe ſeldom fails, unleſs where the fault is on our ſide.

This diſcharge in the beginning is ſeldom ſo inſtantaneous as to ſurpriſe females unawares. It is generally preceded by ſymptoms which foretel its approach; as a ſenſe of heat, weight, and dull pain in the loins; diſtention and hardneſs of the breaſts; head-ach; loſs of appetite; laſſitude; paleneſs of the countenance; and ſometimes a ſlight degree of fever. When theſe

ſymptoms appear about the age at which the menſtrual flux uſually begins, every thing ſhould be carefully avoided which may obſtruct that neceſſary and ſalutary evacuation; and all means uſed to promote it; as ſitting frequently over the ſteam of warm water, drinking warm diluting liquors, &c.

After the menſes have once begun to flow, great care muſt be taken to avoid every thing that may tend to obſtruct them. Females ought to be very cautious of what they eat or drink at the time they are out of order. Every thing that is cold, or apt to ſour on the ſtomach, ought to be avoided—as fruit, butter-milk, and ſuch like. Fiſh, and all kinds of food that are hard of digeſtion, are alſo to be avoided. As it is impoſſible to mention every thing that may diſagree with individuals at this time, we would recommend to every female to be very attentive to what diſagrees with herſelf, and carefully avoid it.

Cold is extremely hurtful at this particular period. More of the ſex date their diſeaſes from colds, caught while they are out of order, than from all other cauſes This ought ſurely to put them upon their guard, and to make them very circumſpect in their conduct at ſuch times. A degree of cold that will not in the leaſt hurt them at another time, will at this period be ſufficient entirely to ruin their health and conſtitution.

The greateſt attention ought alſo to be paid to the mind, which ſhould be kept as eaſy and cheerful as poſſible. Every part of the animal economy is influnced by the paſſions, but none more than this. Angar, fear grief, and other affections of the mind, often occaſion obſtructions of the menſtrual flux, which prove abſolutely incurable.

From whatever cauſe this flux is obſtructed, except in the ſtate of pregnancy, proper means ſhould be uſed to reſtore it. For this purpoſe we would recommend ſufficient exerciſe, in a dry, open, and rather cool air; wholeſome diet, and, if the body be weak and languid, generous liquors, with cheerful company and amuſements. If theſe fail, recourſe muſt be had to medicine. When

When obſtructions proceed from a weak relaxed ſtate of the ſolids, ſuch medicines as tend to promote digeſtion, to brace the ſolids, and aſſiſt the body in preparing good blood, ought to be uſed. The beſt of theſe are iron and the Peruvian bark, with other bitter and aſtringent medicines. Filings of iron may be infuſed in wine or ale, two or three ounces to a quart, and after it has ſtood two or three weeks it may be filtered, and about half a wine-glaſs of it taken twice a-day: or prepared ſteel may be taken in the doſe of half a dram, mixed with a little honey or treacle, three or four times a-day. The bark and other bitters may either be taken in ſubſtance or infuſion, as is moſt agreeable to the patient.

When obſtructions proceed from a viſcid ſtate of the blood; or for women of the groſs or full habit, evacuations, and ſuch medicines as attenuate the humuors, are neceſſary. The patient in this caſe ought to be bled, to bath her feet often in warm water, to take now and then a cooling purge, and to live upon a ſpare thin diet. Her drink ſhould be whey, water, or ſmall beer, and ſhe ought to take ſufficient exerciſe. A tea-cupful of the tincture of black hellebore may alſo be taken twice a-day in a cup of warm water.

When they proceed from affections of the mind, as grief, fear, anger, &c. every method ſhould be taken to amuſe and divert the patient. And that ſhe may the more readily forget the cauſe of her affliction, ſhe ought, if poſſible, to be removed from the place where it happened. A change of place, by preſenting the mind with a variety of new objects, has often a very happy influence in relieving it from the deepeſt diſtreſs A ſoothing, kind, and affable behavour to females in this ſituation is alſo of much importance.

An obſtruction of the menſes is often the effect of other maladies. When this is the caſe, inſtead of given medicines to force that diſcharge, which might be dangerous, we ought by all means to endeavour to reſtore the patient's health and ſtrength. When that is effected, the other will return of courſe.

But

But the menſtual flux may be too great as well as too ſmall. When this happens, the patient becomes weak, the colour pale, the appetite and digeſtion are bad, to which œdematous ſwellings of the feet, dropſies, and conſumptions often enſue. This frequently happens to women about the age of forty-five or fifty, and is very difficult to cure. It may proceed from a ſedentary life; a full diet, conſiſting chiefly of ſalted, high-ſeaſoned, or acrid food; the uſe of ſpirituous liquors; exceſſive fatigue; relaxation; a deſolved ſtate of the blood; violent paſſion of the mind, &c.

The treatment of this diſeaſe muſt be varied according to its cauſe. When it is occaſioned by an error in the patient's regimen, an oppoſite courſe to that which induced the diſorder muſt be purſued, and ſuch medicines taken as have a tendency to reſtrain the flux, and counteract the morbid affections of the ſyſtem from whence it proceeds.

To reſtrain the flux, the patient ſhould be kept quiet and eaſy both in body and mind. If it be very violent, ſhe ought to lie in bed with her head low; to live upon a cool and ſlender diet, as veal or chicken broths and bread; and to drink decoctions of nettle-roots, or the greater comfrey. If theſe be not ſufficient to ſtop the flux, ſtronger aſtringents may be uſed, as Japan earth, allum, elixir of vitriol, the Peruvian bark, &c.

Two drams of allum and one of Japan earth may be pounded together, and divided into eight or nine doſes, one of which may be taken three times a-day.

Perſons whoſe ſtomachs cannot bear allum, may take two table-ſpoonfuls of the tincture of roſes with ten drops of laudanum in it, three or four times a-day.

If theſe ſhould fail, half a dram of the Peruvian bark, with ten drops of the elixir of vitriol may be taken, in a glaſs of red wine four times a-day.

The uterine flux may offend in quality as well as in quantity. What is uſually called the fluor albus, or whites, is a very common diſeaſe, and proves extremely hnrtful to delicate women. This diſcharge, however, is not always white, but ſometimes pale, yellow, green,

green, or of a blackiſh colour; ſometimes it is ſharp and corroſive, or foul and fœtid, &c. It is attended with a pale complexion, pain in the back, loſs of appetite, ſwelling of the feet, and other ſigns of debility. It generally proceeds from a relaxed ſtate of the body, ariſing from indolence, the exceſſive uſe of tea, coffee, or other weak watery diet.

To remove this diſeaſe, the patient muſt take as much exerciſe as ſhe can bear without fatigue. Her food ſhould be ſolid and nouriſhing, but of eaſy digeſtion; and her drink generous, as red port or claret mixed with lime-water. Tea and coffee are to be avoided. Strong broths have an exceeding good effect, and ſometimes a milk diet alone will perform a cure. The patient ought not to lie too long a-bed. When medicine is neceſſary, we know none preferable to the Peruvian bark. In warm weather the cold bath will be of conſiderable ſervice.

That period of life at which the menſes ceaſe to flow, is alſo very critical to the ſex. The ſtoppage of any cuſtomary evacuation, however ſmall, is ſufficient to diſorder the whole frame, and often to deſtroy life itſelf Hence ſo many women either fall into chronic diſorders, or die about this time! Such of them, however, as ſurvive it, without contracting any chronic diſeaſe, often become more healthy and hardy than they were before, and enjoy ſtrength and vigour to a very great age.

If the menſes ceaſe all of a ſudden in women of a full habit, they ſhould abate ſomewhat of their uſual quantity of food, eſpecially of the more nouriſhing kind, as fleſh, eggs, &c. They ought alſo to take ſufficient exerciſe, and to keep the body open by taken, once or twice a-week, a little rhubarb, or an infuſion of hiera picra in wine or brandy.

It often happens that women of a groſs habit, at this period of life, have ulcerous ſores break out about their ancles, or in other parts of the body. Such ulcers ought to be conſidered as critical, and ſhould either be ſuffered to continue open, or have artificial drains ſubſtituted

ſtituted in their ſtead. Women who will have ſuch ſores dried up, are ſoon after carried off by acute diſeaſes, or fall into thoſe of a chronic nature.

OF PREGNANCY.

Though pregnancy is not a diſeaſe, yet that ſtate is often attended with a variety of complaints which merit attention, and which ſometimes require the aſſiſtance of medicine. Some women indeed are more healthy during their pregnancy than at any other time; but this is by no means the general caſe: moſt of them breed in ſorrow, and are frequently indiſpoſed during the whole time of pregnancy. Few fatal diſeaſes, however, happen during that period; and hardly any, except abortion, that can be called dangerous.

Pregnant women are often afflicted with the heart-burn. The method of treating this complaint has been already pointed out. They are likewiſe, in the more early periods of pregnancy, often haraſſed with ſickneſs and vomiting, eſpecially in the morning. The method of relieving theſe complaints has alſo been ſhewn. Both the head-ach and tooth-ach are very troubleſome ſymptoms of pregnancy. The former may generally be removed by keeping the body gently open, by the uſe of prunes, figs, roaſted apples, and ſuch like. When the pain is very violent, bleeding may be neceſſary. For the treatment of the latter, we muſt refer to that article in the Appendix. Several other complaints incident to pregnant women might be mentioned, as a cough and difficulty of breathing, ſuppreſſion and incontinency of urine, &c. but as all of theſe have been taken notice of before, it is needleſs to repeat them.

Every pregnant woman is more or leſs in danger of abortion. This ſhould be guarded againſt with the greateſt care, as it not only weakens the conſtitution, but renders the woman liable to the ſame misfortune afterwards. Abortion may happen at any

period

period of pregnancy, but it is moſt common in the ſecond and third month. Sometimes, however, it happens in the forth or fifth. If it happens within the firſt month, it is uſually called a falſe conception; if after the ſeventh month, the child may often be kept alive by proper care.

Every mother who procures an abortion does it at the hazard of her life; yet there are not a few who run this riſk merely to prevent the trouble of bearing and bringing up children. It is ſurely a moſt unnatural crime, and cannot, even in the moſt abandoned, be viewed without horror: but in the decent matron, it is ſtill more unpardonable. Thoſe wretches who daily advertiſe their aſſiſtance to women in this buſineſs, deſerve in our opinion, the moſt ſevere of all human puniſhments.

The common cauſes of abortion are, the death of the child; weakneſs or relaxation of the mother; great evacuations; violent exerciſe; raiſing great weights; reaching too high; jumping, or ſtepping from an eminence; vomiting; coughing; convulſion fits; blows on the belly; falls; fevers; diſagreeable ſmells; exceſs of blood; indolence; high living, or the contrary; violent paſſions or affections of the mind, as fear, grief, &c.

The ſigns of approaching abortion are, pain in the loins, or about the bottom of the belly; a dull heavy pain in the inſide of the thighs; a ſlight degree of coldneſs, or ſhivering; ſickneſs, palpitation of the heart; the breaſts become flat and ſoft; the belly falls: and there is a diſcharge of blood or watery humours from the womb.

To prevent abortion, we would adviſe women of a weak or relaxed habit to uſe ſolid food, avoiding great quantities of tea, and other weak and watery liquors; to raiſe early and go ſoon to bed; to ſhun damp houſes; to take frequent exerciſe in the open air, but to avoid fatigue; and never to go abroad in damp foggy weather, if they can ſhun it.

Women of a full habit ought to uſe a ſpare diet, avoiding ſtrong liquors, and every thing that may tend to heat the body, or increaſe the quantity of blood. Their diet ſhould be of an opening nature, conſiſting principally of vegetable ſubſtances. Every woman with child ought to be kept cheerful and eaſy in her mind. Her appetites, even though depraved, may be indulged as far as prudence will permit.

When any ſigns of abortion appear, the woman ought to be laid in bed or on a mattreſs, with her head low. She ſhould be kept quiet, and her mind ſoothed and comforted. She ought not to be kept too hot, nor to take any thing of a heating nature. Her food ſhould conſiſt of broths, rice and milk, jellies, gruels made of oatmeal, and the like, all of which ought to be taken cold.

If ſhe be able to bear it, ſhe ſhould loſe at leaſt half a pound of blood from the arm. Her drink ought to be barley water ſharpened with juice of lemon; or ſhe may take half a dram of powdered nitre, in a cup of water gruel, every five or ſix hours. If the woman be ſeized with a violent looſeneſs, ſhe ought to drink the decoction of calcined hartſhorn prepared. If ſhe be affected with vomiting, let her take frequently two table-ſpoonfuls of the ſaline mixture. In general, opiates are of ſervice: but they ſhould always be given with caution.

Sanguine robuſt women, who are liable to miſcarry at a certain time of pregnancy, ought always to be bled a few days before that period arrives. By this means, and obſerving the regimen above preſcribed, they might often eſcape that misfortune.

Though we recommend due care for preventing abortion, we would not be underſtood as reſtraining pregnant women from their uſual exerciſes. This would generally operate the quite contrary way. Want of exerciſe not only relaxes the body, but induces a plethora, or too great a fulneſs of the veſſels, which are the two principal cauſes of abortion.

There

There are, however, ſome women of ſo delicate a texture, that it is neceſſary for them to avoid almoſt every kind of exerciſe during the whole period of pregnancy.

OF CHILD-BIRTH.

Many diſeaſes proceed from the want of due care in child-bed; and the more hardy part of the ſex are moſt apt to deſpiſe the neceſſary precautions in this ſtate. This is peculiarly the caſe with young wives. They think, when the labour pains are ended, the danger is over: but in truth it may only then be ſaid to be begun. Nature, if left to herſelf, will ſeldom fail to expel the fœtus; but proper care and management are certainly neceſſary for the recovery of the mother. No doubt miſchief may be done by too much as well as too little care. Hence females who have the greateſt number of attendants in child-bed generally recover worſt. But this is not peculiar to the ſtate of child-bed. Exceſſive care always defeats its own intention, and is generally more dangerous than none at all.

During actual labour, nothing of a heating nature ought to be given. The woman may now and then take a little panado, and her drink ought to be toaſt and water, or thin groat-gruel. Spirits, wines, cordial-waters, and other things which are given with a view to ſtrengthen the mother, and promote the birth, for the moſt part tend only to increaſe the fever, inflame the womb, and retard the labour. Beſides, they endanger the woman afterwards, as they often occaſion violent and mortal hœmorrhages, or diſpoſe her to eruptive and other fevers.

When the labour proves tedious and difficult, to prevent inflammations, it will be proper to bleed. An emollient clyſter ought alſo frequently to be adminiſtered, and the patient ſhould ſit over the ſteams of warm water. The paſſage ought to be gently rubbed with a little ſoft pomatum or freſh butter,

and cloths wrung out of warm water applied over the belly. If nature ſeems to ſink, and the woman is greatly exhauſted with fatigue, a draught of generous wine, or ſome other cordial, may be given, but not otherwiſe. Theſe directions are ſufficient in natural labours; and in all preternatural caſes, a ſkilful ſurgeon, or man-midwife, ought to be called as ſoon as poſſible.

After delivery, the woman ought to be kept as quiet and eaſy as poſſible; and the fewer attandants, ſo that they be of the judicious, generally the more aſſiſtance is afforded. Many only throng the houſe diſturb the patient, and often do much miſchief by their untimely and impertinent advice. Her food ſhould be light and thin, as gruel, panado, &c. and her drink weak and diluting. To this rule, however, there are many exceptions. There are women, whoſe ſpirits could not be ſupported in child-bed without ſolid food and generous liquors; to ſuch, a glaſs of wine and a bit of chicken muſt be allowed.

Sometimes an exceſſive hæmorrhage or flooding happens after delivery. In this caſe the patient ſhould be laid with her head low, kept cool, and be in all reſpects treated as in an exceſſive flux of the menſes. If the flooding proves violent, linen cloths, which have been wrung out of a mixture of equal parts of vinegar and water, or red wine, ſhould be applied to the belly, the loins, and the thighs: theſe muſt be changed as they grow dry; and may be diſcontinued as ſoon as the flooding abates.

The following mixture, in a violent flooding, may have very good effects: take of penny-royal water, ſimple cinnamon-water, and ſyrup of poppies, each two ounces, elixir of vitriol a dram. Mix, and take two table-ſpoonfuls every two hours, or oftener, if neceſſary.

If there be violent pains after delivery, the patient ought to drink plentifully of warm diluting liquors, as groat gruel, or tea with a little ſaffron in it; and to take ſmall broths, with carraway-ſeeds, or a bit of

of orange peel in them; an ounce of the oil of ſweet almonds may alſo be frequently taken in a cup of any of the above liquors: and if the patient be reſtleſs a ſpoonful of the ſyrup of poppies may now and then be mixed with a cup of her drink. If ſhe be hot or feveriſh, one of the following powders may be taken in a cup of her uſual drink every five or ſix hours.

Take of crabs claws prepared half an ounce, purified nitre two drams, ſaffron powdered half a dram; rub them together in a mortar, and divide the whole into eight or nine doſes.

When the patient is low ſpirited, or troubled with hyſterical complaints, ſhe ought to take frequently twelve or fifteen drops of the tincture of aſafœtida in a cup of penny-royal tea.

An inflammation of the womb is a dangerous and not unfrequent diſeaſe after delivery, It is known by pains in the lower part of the belly, which are greatly increaſed upon touching; by the tenſion or tightneſs of the parts; great weakneſs; change of countenance; a conſtant fever, with a weak and hard pulſe; a ſlight delirium, or raving; ſometimes inceſſent vomiting: a hiccup; a diſcharge of reddiſh, ſtinking, ſharp water from the womb; an inclination to go frequently to ſtool; a heat, and ſometimes total ſuppreſſion of urine.

This muſt be treated like other inflammatory diſorders, by bleeding and plentiful dilution. The drink may be thin gruel or barley-water; in a cup of which half a dram of nitre may be diſſolved, and taken three or four times a-day. Clyſters of warm milk and water muſt be frequently adminiſtered: and the belly ſhould be fomented by cloths wrung out of warm water, or by applying bladders filled with warm milk and water to it.

A ſuppreſſion of the lochia, or uſual diſcharges after delivery, and the milk-fever, muſt be treated nearly in the ſame manner as an inflammation of the womb. In all theſe caſes, the ſafeſt courſe is plentiful dilution, gentle evacuations, and fomentations of

of the parts affected. In the milk-fever, the breaſts may be embrocated with a little warm linſeed-oil, or the leaves of red cabbage may be applied to them.

The child ſhould be often put to the breaſt, or it ſhould be drawn by ſome other perſon.

Nothing would tend more to prevent the milk-fever than putting the child early to the breaſt. The cuſtom of not allowing children to ſuck for the firſt two or three days, is contrary to Nature and common ſenſe, and is very hurtful both to the mother and child.

Every mother who has milk in her breaſts, ought either to ſuckle her own child, or to have her breaſts frequently drawn, at leaſt for the firſt month. This would prevent many of the diſeaſes which prove fatal to women in child-bed.

When an inflammation happens in the breaſt, attended with redneſs, hardneſs, and other ſymptoms of ſuppuration, the ſafeſt application is a poultice of bread and milk, ſoftened with oil or freſh butter. This may be renewed twice a day, till the tumour be either diſcuſſed or brought to ſuppuration. The uſe of repellents, in this caſe, is very dangerous; they often occaſion fevers, and ſometimes cancers; whereas a ſuppuration is ſeldom attended with any danger, and has often the moſt ſalutary effects.

When the nipples are fretted or chapt, they may be anointed with a mixture of oil and bees-wax, or a little powdered gum-arabic may be ſprinkled on them. Hungary water applied to the nipples have a very good effect. Should the complaint prove obſtinate, a cooling purge may be given, which generally removes it.

The miliary fever is a diſeaſe incident to women in child-bed; but as it has been treated of already, we refer our readers to that article. The celebrated Hoffman obſerves, that this fever of child-bed women might generally be prevented, if they, during their pregnancy, were regular in their diet, uſe moderate exerciſe, took now and then a gentle laxative of manna

manna, rhubarb, or cream of tartar; not forgetting to bleed in the firſt months, and avoid all ſharp air. When the labour is coming on, it is not be haſtened with forcing medicines, which inflame the blood and humours, or put them into unnatural commotions. Care ſhould be taken, after the birth, that the natural exertions proceed regularly; and if the pulſe be quick, a little nitrous powder, or ſome other cooling medicines, ſhould be adminiſtered.

The moſt fatal diſorder conſequent upon delivery is the puerperal, or child-bed fever. It generally makes its attack upon the ſecond or third day after delivery. Sometimes indeed it comes on ſooner, and at other times, though rarely, it does not appear before the fifth or ſixth day.

It begins like moſt other fevers, with a cold or ſhivering fit, which is ſucceeded by reſtleſsneſs, pain of the head, great ſickneſs at the ſtomach, and bilious vomiting. The pulſe is generally quick, the tongue dry, and there is a remarkable depreſſion of ſpirits and loſs of ſtrength. A great pain is uſually felt in the back, hips, and region of the womb: a ſudden change in the quantity or quality of the lochia alſo takes place; and the patient is frequently troubled with a teneſmus, or conſtant inclination to go to ſtool. The urine, which is high coloured, is diſcharged in ſmall quantity, and generally with pain. The belly ſometimes ſwells to a conſiderable bulk, and becomes ſuſceptible of pain from the flighteſt touch. When the fever has continued for a few days, the ſymptoms of inflammation uſually ſubſide, and the diſeaſe acquires a more putrid form. At this period, if not ſooner, a bilious or putrid looſeneſs, of an obſtinate and dangerous nature, comes on, and accompanies the diſeaſe through all its future progreſs.

There is not any diſeaſe that requires to be treated with more ſkill and attention than this; conſequently the beſt aſſiſtance ought always to be obtained as ſoon as poſſible. In women of plethoric conſtitutions

ſtitutions, bleeding will generally be proper at the beginning: it ought however to be uſed with caution, and not to be repeated unleſs where the ſigns of inflammation riſe high; in which caſe it will alſo be neceſſary to apply a bliſtering-plaſter to the region of the womb.

During the rigor, or cold fit, proper means ſhould be uſed to abate its violence and ſhorten its duration. For this purpoſe the patient may drink freely of warm diluting liquors, and, if low, may take now and then a cup of wine whey; warm applications to the extremities, as heated bricks, bottles or bladders filled with warm water, and ſuch like, may alſo be uſed with advantage.

Emollient clyſters of milk and water, or of chicken water, ought to be frequently adminiſtered through the courſe of the diſeaſe. Theſe prove beneficial by promoting a diſcharge from the inteſtines, and alſo by acting as a kindly fomentation to the womb and parts adjacent. Great care however is requiſite in giving them, on account of the tenderneſs of the parts in the pelvis at this time.

To evacuate the offending bile from the ſtomach, a vomit is generally given. But as this is apt to increaſe the irritability of the ſtomach, already too great, it will be ſafer to omit it, and to give in its ſtead a gentle laxative, which will both tend to cool the body, and to procure a free diſcharge of the bile.

The medicine which we have always found to ſucceed beſt in this diſeaſe is the ſaline draught. This, if frequently repeated, will often put a ſtop to the vomiting, and at the ſame time leſſen the violence of the fever. If it runs off by ſtool, or if the patient be reſtleſs; a few drops of laudanum, or ſome ſyrup of poppies, may occaſionally be added.

If the ſtools ſhould prove ſo frequent as to weaken and exhauſt the patient, a ſtarch clyſter, with thirty or forty drops of laudanum in it, may be adminiſtered as occaſion ſhall require; and the drink may be rice-

water

water, in every pint of which half an ounce of gum-arabic has been diſſolved. Should theſe fail, recourſe muſt be had to Columbo-root, or ſome other aſtringent medicine.

Though in general the food ought to be light, and the drink diluting, yet when the diſeaſe has been long protracted, and the patient is greatly ſpent by evacuations it will be neceſſary to ſupport her with nouriſhing diet and generous cordials.

It was obſerved, that this fever, after continuing for ſome time, often acquires a putrid form. In this caſe the Peruvian bark muſt be given, eitheir by itſelf, or joined with cordials, as circumſtances may require. As the bark in ſubſtance will be apt to purge, it may be given in decoction or infuſion mixed with the tincture of roſes, or other gentle aſtringents; or a ſcruple of the extract of bark with half an ounce of ſpirituous cinnamon-water, with ten drops of laudanum, may be made into a draught, and given every ſecond, third, or fourth hour, as ſhall be found neceſſary.

When the ſtomach will not bear any kind of nouriſhment, the patient may be ſupported for ſome time by clyſters of beef-tea or chicken-water.

To avoid this fever, every woman in child-bed ought to be kept perfectly eaſy; her food ſhould be light and ſimple, and her bed-chamber cool, and properly ventilated. There is not any thing more hurtful to a woman in this ſituation than being kept too warm. She ought not to have her body bound too tight, nor to riſe too ſoon from her bed, after delivery; catching cold is alſo to be avoided; and particular attention paid to cleanlineſs.

To prevent the milk-fever, the breaſts ought to be frequently drawn; and if they be filled previous to the onſet of a fever, they ſhould upon its firſt appearance, be drawn, to prevent the milk from becoming acrid, and its being abſorbed in this ſtate. Coſtiveneſs is alſo to be avoided. This will be beſt effected by the uſe of mild clyſters and a laxative diet.

We ſhall conclude our obſervations on child-bed

women by recommending it to them above all things to beware of cold. Poor women, whoſe circumſtances oblige them to quit their bed too ſoon, often contract diſeaſes from cold, of which they never recover. It is great pity the poor are not better taken care in of this ſituation.

But women in affluent circumſtances often run very great hazard from too much heat. They are generally kept in a very warm chamber for the firſt eight or ten days, and then dreſſed out to ſee company! The danger of this conduct muſt be obvious to every one.

The ſuperſtitious cuſtom of obliging women to keep the houſe till they go to church is likewiſe a very common cauſe of catching cold. Churches are generally damp, and moſt of them very cold; conſequently they are the moſt dangerous places to which a woman can go to make her firſt viſit, after having been confined in a warm room for a month!

BARRENNESS

May be very properly reckoned among the diſeaſes of females, as few married women who have not children enjoy a good ſtate of health. It may proceed from various cauſes, as high-living, ſtrong liquors, grief, relaxation, indolence, &c. but it is chiefly owing to an obſtruction or irregularity of the menſtrual flux.

It is very certain that high-living vitiates the humours, and prevents fecundity. We ſeldom find a barren woman among the labouring poor, while nothing is more common among the rich and affluent. The inhabitants of every country are proliſic in pro portion to their poverty; and it would be an eaſy matter to adduce many inſtances of women, who, by being reduced to live entirely upon a milk and vegetable diet, have conceived and brought forth children, though they never had any before. Would the rich uſe the ſame kind of food and exerciſe as the better ſort of peaſants, they would ſeldom have cauſe to

envy

envy their poor vaſſals and dependants the bleſſing of a numerous and healthy offspring, while they pine in ſorrow for the want of even a ſingle heir to their extenſive domains.

Affluence begets indolence, which not only vitiates the humours, but induces a general relaxation of the ſolids; a ſtate highly unfavourable to procreation. To remove this, we would recommend the following courſe: Firſt, ſufficient exerciſe in the open air; ſecondly, a diet conſiſting chiefly of milk and vegetables; thirdly, the uſe of aſtringent medicines, as ſteel, allum, dragon's blood, elixir of vitriol, the Spaw or Tunbridge waters, Peruvian bark, &c.; and laſtly, above all, the cold bath.

Dr. Cheyne avers, that want of children is as often the fault of the male as the female, and particularly recommends a diet compoſed chiefly of milk and vegetables to the former as well as to the latter; adding that his friend Dr. Taylor, whom he calls Milk-doctor of Croydon, had brought ſundry opulent families in his neighbourhood, who had continued ſome years after marriage without progeny, to have ſeveral fine children, by keeping both parents, for a conſiderable time to a milk and vegetable diet.

Barrenneſs is often the conſequence of grief, ſudden fear, anxiety, or any of the paſſions which tend to obſtruct the menſtrual flux. When barrenneſs is ſuſpected to proceed from affections of the mind, the perſon ought to be kept as eaſy and cheerful as poſſible; all diſagreeable objects are to be avoided, and every method taken to amuſe and entertain the fancy.

We ſhall now end this chapter, and refer our readers to the firſt part of this work for the treatment of children. But we cannot help expreſſing an earneſt with

that thoſe chapters were often read and univerſally underſtood by females in general, and by all mothers in particular. If they are not expected to be phyſicians, they ſhould ſurely be good nurſes. It is peculiarily the province of the mother to relieve the ſuffering infant, in caſes of acidities, flatulency, looſeneſs, teething, worms, &c. and a little knowledge of medicine will be very deſirable for ſo happy a purpoſe. Phyſicians can only preſcribe medicine, it is the nurſe who muſt diſcover the ſymptoms which require it.

There is much reaſon to hope, that was proper attention afforded by nurſes to infants, it would ſoon alter that report in the bills of mortality, which ſtate "that half the children in this country die under twelve years old," of diſeaſes occaſioned by improper treatment with reſpect to their food, clothing, air, and exerciſe, while in a ſtate of infancy.

It is indeed much to be regretted, that more care is not beſtowed in teaching the proper management of children to thoſe whom nature has deſigned for mothers. This, inſtead of being made the principal, is ſeldom conſidered as any part of female education! Is it any wonder, when females ſo educated come to be mothers, that they ſhould be quite ignorant of the duties which belong to that character! However ſtrange it may appear, it is but too true, that ſome mothers, even of faſhion, are as ignorant, when they have brought a child into the world, of what ought to be done for it, as the infant itſelf! Is it any wonder then, that diſeaſe and death ſhould await them in this condition!

Were the time that is generally ſpent by females in the acquiſition of trifling accompliſhments, employed in learning how to bring up children—how to dreſs ſo as not to hurt, cramp, or confine their motions—how to feed them with wholeſome and nouriſhing food—how to exerciſe their tender bodies, ſo as beſt to promote their growth in ſtrength and ſtature; were theſe made the objects of female inſtruction, the community would be better for it, and the parents

be

be bleſſed with a healthful progeny! But while the education of a female implies little more than what relates to dreſs and public ſhew, we have nothing to expect from them but ignorance—even in the moſt important concerns of life!

This reflection ſhould fill the heart of every mother with the importance of her charge! She ſhould embrace every opportunity of informing herſelf of, and performing, the duty ſhe owes to her infant, and to poſterity! Theirs is the delightful province, not only to form the body, but to give the mind its moſt early bias They have it very much in their power, to make their children ſtrong and healthy or weak and ſickly! uſeful members, or peſts of ſociety!

It is the duty and intereſt of the father equally to attend to the management and welfare of his children, and he ought to aſſiſt in every means that tend to the improvement of the body or mind. It indeed is great pity—that men, and thoſe who in other reſpects are thinking men too, ſhould be ſo inattentive to matters of ſo much importance to the riſing generation! This negligence is one reaſon, why females know ſo little of this neceſſary duty; but it is ſincerely to be hoped, that fathers will pay more attention to the health and proper education of their children. This will afford the moſt permanent ſatisfaction to the reflecting mind, whatever may be the momentary gratification of thoſe gentlemen, who place their delight in the pleaſures of the table, the bottle, or who pride themſelves moſt on the pedigree of their dogs and horſes—while the ſupreme care to maintain and eſtabliſh the body in health, and the inexpreſſible pleaſure of forming the youthful mind, in his children (thoſe miniature pictures of himſelf,) to habits of virtue and honour—are left, perhaps, to the care of a menial ſervant or, at beſt, ſent to a boarding-ſchool! Is it then to be wondered at, that ſuch parents ſhould complain of the want of filial duty in their children!

Women

Women are ever deſirous to excel in thoſe accompliſhments which recommend them to the attention of the other ſex. Let it, however, be always remembered, that a well inſtructed, virtuous mind actuating a ſtrong and healthful body—is the greateſt bleſſing a mortal can poſſeſs in this life.

We conclude with theſe noble ſentiments from the venerable lord Kaims:

"Parents! your children are not your property!—they are intruſted to you by providence, to be trained up in the principles of religion and virtue—and you are bound to fulfil the ſacred truſt. You owe to your Maker, obedience—you owe to your children, the making them good and virtuous—you owe to your country, uſeful citizens—and to yourſelves, affectionate children, who, during your grey hairs, will be your greateſt comfort and firmeſt ſupport."

Part Fifth.

CHAP. I.

On Cold Bathing, and drinking Mineral Waters.

BATHING is now fashionable, and almost all ranks plunge into the sea, and drink mineral waters. No part of medicine is of greater importance than cold bathing, and it will be easily understood, that though it might nearly kill a person of a plethoric habit, who had neglected proper evacuations; it would if properly attended to cure a patient labouring under nervous diseases, by acting upon and bracing the solids, sharpening the appetite, quickening digestion, and strengthening the stomach.

Immersion in cold water is a custom which lays claim to the most remote antiquity: indeed it must have been coeval with man himself. The necessity of water for the purpose of cleanliness, and the pleasure arising from its application to the body in hot countries, must very early have recommended it to the human species. Even the example of other animals was sufficient to give the hint to man. By instinct many of them are led to apply to cold water in this manner; and some, when deprived of its use, have been known to languish and even to die. But whether the practice of cold bathing arose from necessity, reasoning, or imitation, is an inquiry of no importance; our business is to point out the advantages which may be derived from it, and to guard people against an improper use of it.

The cold bath recommends itself in a variety of cases, and is peculiarly beneficial to the inhabitants of populous cities, who indulge in idleness, and lead sedentary lives. In persons of this description the action of the solids is always too weak, which induces a languid circulation, a crude indigested mass of humours, and obstructions of the capillary vessels and glandular system. Cold water, from its gravity as well as from its tonic power, is well calculated either to obviate

obviate or remove theſe ſymptoms. It accelerates the motion of the blood, promotes the different ſecretions, and gives permanent vigour to the ſolids. But all theſe important purpoſes will be more eſſentially anſwered by the application of ſalt-water. This ought not only to be preferred on account of its ſuperior gravity, but alſo for its greater power of ſtimulating the ſkin, which promotes perſpiration, and prevents the patient from catching cold.

It is neceſſary, however, to obſerve, that cold bathing is more likely to prevent, than to remove, obſtructions of the glandular or lymphatic ſyſtem. Indeed, when they have arrived at a certain pitch, they are not to be removed by any means. In this caſe the cold bath will not only aggravate the ſymptoms, but hurry the unhappy patient into an untimely grave! It is therefore of the utmoſt importance, previous to the patient's entering upon the uſe of the cold bath, to determine whether or not he labours under any obſtinate obſtruction of the lungs or other viſcera; and where this is the caſe, cold bathing ought ſtrictly to be prohibited.

In what is called a plethoric ſtate, or too great a fulneſs of the body, it is alſo dangerous to uſe the cold bath, without due preparation. In this caſe there is great danger of burſting a blood-veſſel, or occaſioning an inflammation of the brain, or ſome of the viſcera. This precaution is the more neceſſary to citizens, as moſt of them live full, and are of a groſs habit. Yet what is very remarkable, theſe people reſort in crowds every ſeaſon to the ſea-ſide, and plunge into the water without the leaſt conſideration! No doubt they often eſcape with impunity; but does this give a ſanction to the practice? Perſons of this deſcription ought by no means to bathe, unleſs the body has been previouſly prepared by ſuitable evacuations.

Another claſs of patients, who ſtand peculiarly in need of the bracing qualities of cold water, is the nervous. This includes a great number of the male, and almoſt all the female inhabitants of large towns. Yet even

even thoſe perſons ought to be cautious in uſing the cold bath. Nervous people have often weak bowels, and may, as well as others, be ſubject to congeſtions and obſtructions of the viſcera; and in this caſe they will not be able to bear the effects of the cold water. For them, therefore, and indeed for all delicate people, the beſt plan would be to accuſtom themſelves to it by the moſt pleaſing and gentle degrees. They ought to begin with the temperate bath, and gradually uſe it cooler, till at length the coldeſt proves quite agreeable. Nature revolts againſt all great tranſitions: and thoſe who do violence to her dictates, have often cauſe to repent of their temerity!

Wherever cold bathing is practiſed, there ought alſo to be tepid or warm baths. We would not adviſe patients to go into the cold water when the body is chilly; as much exerciſe, at leaſt ought to be taken, as may excite a gentle glow all over the body, but by no means ſo as to overheat it.

To young people, and particularly to children, cold bathing is of the utmoſt importance. Their lax fibres render its tonic powers peculiarly proper. It promotes their growth, increaſes their ſtrength, and prevents a variety of diſeaſes incident to childhood. Were infants early accuſtomed to the cold bath, it would ſeldom diſagree with them; and we ſhould ſee fewer inſtances of the ſcrofula, rickets, and other diſeaſes, which prove fatal to many, and make others miſerable for life! Sometimes, indeed, theſe diſorders render infants incapable of bearing the ſhock of cold water; but this is owing to their not having been early and regularly accuſtomed to it. It is however neceſſary here to caution young men againſt too frequent bathing; as many fatal conſequences reſult from the daily practice of plunging into rivers and continuing there too long.

The moſt proper time of the day for uſing the cold bath is no doubt the morning, or at leaſt before dinner; and the beſt mode, that of quick immerſion. As cold bathing has a conſtant tendency to propel

the blood and other humours towards the head, it ought to be a rule always to wet that part as ſoon as poſſible. By due attention to this circumſtance, there is reaſon to believe, that violent head-achs, and other complaints, which frequently proceed from cold bathing, might be often prevented.

The cold bath, when too long continued in, not only occaſions an exceſſive flux of humours towards the head, but chills the blood, cramps the muſcles, relaxes the nerves, and wholly defeats the intention of bathing. Hence, by not adverting to this circumſtance, expert ſwimmers are often injured, and ſometimes even loſe their lives. All the beneficial purpoſes of cold bathing are anſwered by one immerſion at a time; and the patient ought to be rubbed dry the moment he comes out of the water, and ſhould continue to take exerciſe for ſome time after.

When cold bathing occaſions chilneſs, loſs of appetite, liſtleſſneſs, pain of the breaſt or bowels, a decreaſe of ſtrength, or violent head-achs, it ought to be diſcontinued.

Though theſe hints are by no means intended to point out all the caſes where cold bathing may be hurtful, nor to illuſtrate its extenſive utility as a medicine; yet it is hoped they may ſerve to guard people againſt ſome of thoſe errors into which, from mere inattention, they are apt to fall, and thereby not only endanger their own lives, but bring an excellent medicine into diſrepute.

DRINKING WATER,

As a medicine, is no leſs an object of the phyſician's attention than the uſe of it externally. Pure water is indeed the moſt inoffenſive of all liquors, and conſtitutes a principal part of the food of every animal. But this element is often impregnated with ſubſtances of a very active and penetrating nature; and of ſuch an inſidious quality, that, while they promote certain ſecretions, and even alleviate ſome diſagreeable ſymptoms,

ſymptoms, they weaken the powers of life, undermine the conſtitution, and lay the foundation of worſe diſeaſes than thoſe which they were employed to remove. Of this many perſons muſt have ſeen inſtances; and phyſicians of eminence have more than once declared that they have known more diſeaſes occaſioned than removed by the uſe of mineral waters. This doubtleſs has proceeded from the abuſe of theſe powerful medicines, which evinces the neceſſity of uſing them with caution.

By examining the contents of the mineral waters which are moſt in uſe in this country, we ſhall be enabled to form an idea of the danger which may ariſe from an improper application of them either externally or internally; though it is to the latter of theſe that the preſent obſervations are chiefly confined.

The waters moſt in uſe for medical purpoſes in Britain, are thoſe impregnated with ſalts, ſulphur, iron, and mephitic air, either ſeparately, or variouſly combined. Of theſe the moſt powerful is, the ſaline ſulphureous water of Harrowgate. The greateſt claſs of mineral waters in this country is the chalybeate, or thoſe impregnated with iron; the chief of which are the purging waters of Scarborough, Cheltenham, Thorp Arch, Nevil Holt, &c. Of thoſe which do not purge, the waters of Tunbridge ſtand in the higheſt repute. The ſaline purging waters, as theſe of Action, Epſom, Kilburn, &c. are alſo in very general eſteem; but the fountains moſt frequented by the ſick in this country, are thoſe to which the minerals impart a certain degree of heat, as Bath, Briſtol, Buxton, Matlock, &c.

The errors which ſo often defeat the intention of drinking the purgative mineral waters, and which ſo frequently prove injurious to the patient, proceed from the manner of uſing them, the quantity taken, the regimen purſued, or uſing them in caſes where they are not proper.

A very hurful prejudice ſtill prevails in this country, that all diſeaſes muſt be cured by medicines taken.

into the ſtomach, and that the more violently theſe medicines operate, they are the more likely to have the deſired effect. This opinion has proved fatal to thouſands, and will, in all probability, deſtroy many more before it can be wholly eradicated. Purging is often uſeful in acute diſeaſes, and in chronic caſes may pave the way for the operation of other midicines; but it will ſeldom perform a cure; and by exhauſting the ſtrength of the patient, will often leave him in a worſe condition than it found him. That this is frequently the caſe with regard to the more active mineral waters, every perſon converſant in theſe matters will readily allow.

Strong ſtimulants applied to the ſtomach and bowels for a length of time, muſt tend to weaken and deſtroy their energy; and what ſtimulants are more active than ſalt and ſulphur, eſpecially when theſe ſubſtances are intimately combined, and carried through the ſyſtem by the penetrating medium of water? Thoſe bowels muſt be ſtrong indeed, which can withſtand the daily operation of ſuch active principles for months together, and not be injured. This however is the plan purſued by moſt of thoſe who drink the purging mineral waters, and whoſe circumſtances will permit them to continue long enough at thoſe faſhionable places of reſort.

Many people imagine that every thing depends on the quantity of the water taken, and that the more they drink they will the ſooner get well. This is an egregious error; for, while the unhappy patient thinks he is by this means eradicating his diſorder, he is often in fact undermining the powers of life, and ruining his conſtitution. Indeed nothing can do this ſo effectually as weakening the powers of digeſtion by the improper application of ſtrong ſtimulants. The very eſſence of health depends on the digeſtive organs performing their due functions, and the moſt tedious maladies are all connected with indigeſtions.

Drinking the waters in too great quantity, not only injures the bowels and occaſions indigeſtion, but generally

nerally defeats the intentions for which it is taken. The diſeaſes for the cure of which mineral waters are chiefly celebrated, are moſtly of the chronic kind; and it is well known that ſuch caſes can only be cured by the ſlow operation of alteratives, or ſuch medicines as act by inducing a gradual change in the habit. This requires length of time, and never can be effected by medicines which run off by ſtool, and operate chiefly on the firſt paſſages.

Thoſe who wiſh for the cure of any obſtinate malady from the mineral waters, ought to take them in ſuch a manner as hardly to produce any effect whatever on the bowels. With this view a half-pint glaſs may be drank at bed-time and the ſame quantity an hour before breakfaſt, dinner, and ſupper,. The doſe, however, muſt vary according to circumſtances. Even the quantity above mentioned will purge ſome perſons, while others will drink twice as much without being in the leaſt moved by it. Its operation on the bowels is the only ſtandard for uſing the water as an alterative. No more ought to be taken than barely to move the body; nor is it always neceſſary to carry it to this length, provided the water goes off by the other emunctories, and does not occaſion a chilneſs, or flatulency in the ſtomach or bowels. When the water is intended to purge, the quantity mentioned above may be all taken before breakfaſt,

We would not only caution patients, who drink the purging mineral waters over night, to avoid heavy ſuppers, but alſo from eating heavy meals at any time. The ſtimulus of water, impregnated with ſalts, ſeems to create; a falſe appetite. Dr. Buchan ſays "I have ſeen a delicate perſon, after drinking the Harrowgate waters of a morning, eat a breakfaſt ſufficient to have ſerved two ploughmen, devour a plentiful dinner of fleſh and fiſh, and, to crown all, eat ſuch a ſupper as might have ſatisfied a hungry porter. All this, indeed, the ſtomach ſeemed to crave; but this craving had better remain not quite ſatisfied, than that the ſtomach ſhould be loaded with what exceeds

exceeds its powers. To ſtarve patients was never my plan; but I am clearly of opinion, that, in the uſe of all the purging mineral waters, a light and rather diluting diet is the moſt proper; and that no perſon during ſuch a courſe, ought to eat to the full extent of what his appetite craves."

To promote the operation of mineral waters, and to carry them through the ſyſtem, exerciſe is indiſpenſably neceſſary. This may be taken in any manner that is moſt agreeable to the patient; but he ought never to carry it to exceſs. The beſt kinds of exerciſe are thoſe connected with amuſement, and where the reflection of them is pleaſing in remembrance. Every thing that tends to exhilerate the ſpirits, not only promotes the operation of the waters, but acts as a medicine.

But the greateſt errors in drinking the purging mineral waters ariſe from their being uſed in caſes where they are abſolutely improper, and adverſe to the nature of the diſeaſe. When people hear of a wonderful cure having been performed by ſome mineral water, they immediately conclude that it will cure every thing, and accordingly ſwallow it down, when they might as well take poiſon. Patients ought to be well informed, before they begin to drink the more active kinds of mineral waters, of the propriety of the courſe, and ſhould never perſiſt in uſing them when they are found to aggravate the diſorder.

In caſes where purging is indicated, the ſaline mineral waters will be found to fulfil this intention better than any other medicine. Their operation, if taken in proper quantity, is generally mild; and they are neither found to irritate the nerves, nor debilitate the patient ſo much as the other purgatives.

As a purgative, theſe waters are chiefly recommended in diſeaſes of the firſt paſſages, accompanied with, or proceeding from, inactivity of the ſtomach and bowels, acidity, indigeſtion, vitiated bile, worms, putrid ſordes, the piles and jaundice. In moſt caſes

of

of this kind they are the beſt medicines that can be adminiſtered. But when uſed with this view, it is ſufficient to take them twice, or at moſt three times a-week, ſo as to move the body three or four times; and it will be proper to continue this courſe for ſome weeks.

But the operation of the more active mineral waters is not confined to the bowels. They often promote the diſcharge of urine, and not unfrequently increaſe the perſpiration. This ſhews that they are capable of penetrating into every part of the body, and of ſtimulating the whole ſyſtem. Hence ariſes their efficacy in removing the moſt obſtinate of all diſorders, obſtructions of the glandular and lymphatic ſyſtem. Under this claſs is comprehended the ſcrofula or King's evil, indolent tumours, obſtructions of the liver, ſpleen, kidnies, and meſenteric glands. When theſe great purpoſes are to be effected, the waters muſt be uſed in the gradual manner mentioned above, and perſiſted in for a length of time. It will be proper however now and then to diſcontinue their uſe for a few days.

The next great claſs of diſeaſes where mineral waters are found to be beneficial, are thoſe of the ſkin, as the itch, ſcab, tetters, ringworms, ſcaly eruptions, leproſies, blotches. foul ulcers, &c. Though theſe may ſeem ſuperficial, yet they are often the moſt obſtinate which the phyſician has to encounter, and not unfrequently ſet his ſkill at defiance: but they will ſometimes yield to the application of mineral waters for a ſufficient length of time, and in moſt caſes of this kind theſe waters deſerve a trial. The ſaline ſulphureous waters, ſuch as thoſe of Moffat in Scotland, and Harrowgate in England, are the moſt likely to ſucceed in diſeaſes of the ſkin; but for this purpoſe, it will be neceſſary to bathe as well as to drink the waters.

To enumerate more particularly the qualities of the different mineral waters, to ſpecify thoſe diſeaſes in which they are reſpectively indicated, and to point out

out their proper modes of application, would be an uſeful, and by no means a diſagreeable employment; but as the limits preſcribed to theſe remarks will not allow us to treat the ſubject at more length, we ſhall conclude by obſerving, that whenever the mineral waters are found to exhauſt the ſtrength, depreſs the ſpirits, take away the appetite, excite fevers, diſtend the bowels, or accaſion a cough, they ought to be diſcontinued.

COLD BATHING

Has the moſt happy effects on children. It prevents convulſions, coughs, cutaneous inflammations—as pimples and ſcabs; the want of ſleep, vomiting, rickets, ſuppreſſion of urine, and gravel.

It frequently cures nervous and paralytic diſorders;—particularly, the aſthma, agues, conſumptions, coughs, deafneſs, dropſy, epilepſy, fevers, inflammations, leproſy, lethargy, loſs of appetite, pains in the back, joints, or ſtomach, rheumatiſm, rickets, ruptures, ſcorbutic pains, ulcers.

Waſhing the head every morning in cold water, prevents rheums, and cures coughs, head-ach, and ſore eyes.

The beſt water to drink, eſpecially for thoſe who are much troubled with wind, is rain water. After it has ſettled, draw it off clear into another veſſel, and it will keep ſweet for a long time.

CHAP.

CHAP. II.

Observations concerning the Diet of Working People, recommending a method of living less expensive, and more conducive to health, than the present.

EXPERIENCE proves that not a few of the diseases incident to the inhabitants of this country, are owing to their mode of living! The vegetable productions they consume, fall considerably short of the proportion which they ought to bear to the animal part of their food. The constant use of bread and animal substances excites an unnatural thirst, and leads to the immoderate use of beer and other stimulating liquors, which generate diseases and reduce the lower orders of the people to a state of indigence!—To shew the poor man how to live cheaper and better, is the design of the following pages.—

Though the working people of this country live at a greater expence than any where else, it does not follow that they live better. They are strong indeed, but by no means healthy; and it is found that, from an attachment to a particular mode of living, they are more liable to disease and death in foreign climes, than the inhabitants of any other country!

It is certainly proper that the poor man should be instructed in every thing that can make his little earnings go as far as possible, or which can add to the comfort of himself and family. Nor can economy in living, be deemed a trivial virtue, in a country where the riches depend on the cheapness of labour.

It is alledged that the English are so much attached to their own modes of living, that no argument will induce them to make the smallest change! Habits are indeed obstinate things, especially those which relate to diet; but there are proofs that the English are not inflexible even in this matter. The mode of living

among the lower orders has been greatly changed of late years, and we are ſorry to ſay—not for the better!

The people of England have too much good ſenſe not to liſten to reaſon, provided due care were taken to inſtruct them. But here the people may be truly ſaid "to periſh for want of knowledge." No means have been uſed to give them proper inſtruction Hurtful cuſtoms have been ſuffered to prevail, till they have ſtruck ſuch deep roots that it will not be an eaſy matter to eradicate them. The difficulty, however, is not unſurmountable. A few experiments of reform would have the effect to render it as agreeable as it is ſalutary.

Adults have many old prejudices to overcome, but the caſe is different with regard to children. They may be taught to uſe any kind of food, and what they uſe while young—they will love when old. If we can introduce a different method of feeding children, our purpoſe will be anſwered. This alone will, in time, effect a total change in the general mode of living.

The late diſtreſs of the poor has called forth many publications intended for their relief. Moſt of them, however, were adapted only for the particular occaſion, and not caculated to prevent the return of like evils. The following obſervations it is hoped, will have a more permanent effect. They are intended to recommend a plan of living, which will render the people leſs dependant on bread or animal food for their ſubſiſtence, and conſequently not ſo liable to ſuffer from a ſcarcity or dearth of either of theſe articles in future.

Particular attention has been paid to the ſubſtitutes for bread, as the ſcarcity of this article proves peculiarly diſtreſſing to the poor. It will appear from the following pages, that bread is by means ſo much a neceſſary of life as is generally imagined, and that its place may, in many inſtances, be ſupplied by a variety of other farinaceous ſubſtances.

GENERAL

GENERAL OBSERVATIONS ON ALIMENT.

No creature eats ſuch a variety of food as man. Intended for an inhabitant of every climate, he devours the productions of them all; and if they do not ſuit his palate, or agree with his ſtomach, he calls in the aid of cookery, an art peculiar to himſelf; by which many things that, in a crude ſtate, would prove hurtful, or even poiſonous, are rendered wholeſome and ſalutary.

The obvious diviſion of food is into animal and vegetable. To ſay that man was intended by nature for uſing the one or the other alone, would be abſurd. His ſtructure and appetite prove that he was formed for both. Judgment, however, is requiſite in adjuſting the due proportions of each, ſo as to avoid the inconveniencies ariſing from an extreme on either hand.

Though animal food is more nouriſhing than vegetable, it is not ſafe to live on that alone. Experience has ſhewn that a diet conſiſting ſolely of animal food, excites thirſt and naufea, occaſions putreſcence in the ſtomach and bowels, and finally brings on violent griping pains with cholera and dyſentery.

Animal food is leſs adapted to the ſedentary than the labourious, and leaſt of all to the ſtudious, whoſe diet ought to conſiſt chiefly of vegetables. Indulging in animal food renders men dull and unfit for the purſuits of ſcience, eſpecially when it is accompanied with the free uſe of ſtrong liquors.

The plethoric, or perſons of full habits, ſhould eat ſparingly of animal food. It yields far more blood than vegetables taken in the ſame quantity, and of courſe may induce inflammatory diſeaſes. It acts as a ſtimulas to the whole ſyſtem, by which means the circulation of the blood is greatly accelerated.

Conſumptions are very common in this country, and they are in part owing to the great uſe of animal food. Though the Pthiſis Pulmonalis is not, properly ſpeaking, an inflammatory diſeaſe, yet it generally begins

with ſymptoms of inflammation, and is often accompanied with them through its whole progreſs.

The the diſeaſe moſt common in this country is the ſcurvy. One finds a daſh of it in almoſt every family, and in ſome the taint is very deep. A diſeaſe ſo general muſt have a general cauſe, and there is none ſo obvious as the great quantity of animal food devoured by the natives! As a proof that the ſcurvy ariſes from this cauſe, we are in poſſeſſion of no remedy for that diſeaſe equal to the free uſe of freſh vegetables.

By the uninterrupted uſe of animal food a putrid diatheſis is induced in the ſyſtem, which prediſpoſes to a variety of diſorders. There is much reaſon to believe that many of thoſe obſtinate complaints for which we are at a loſs to account, and find it ſtill more difficult to cure, are the effects of a ſcorbutic taint lurking in the habit!

Improper diet affects the mind as well as the body. The choleric diſpoſition of the Engliſh is almoſt proverbial. Were a cauſe to be aſſigned, it would be, that of their living ſo much on animal food. There is no doubt but this induces a ferocity of temper unknown to men whoſe food is chiefly vegetable.

Though theſe and ſimilar conſequences may ariſe from the exceſs of animal diet, we are far from diſcouraging its uſe in moderation. In all cold countries it is certainly neceſſary; but the major part of the aliment ought nevertheleſs to conſiſt of vegetable ſubſtances. There is a continual tendency in animal food, as well as in the human body itſelf, to putrefaction, which can only be counteracted by the free uſe of vegetables.

With regard to the proportion of vegetable food to that of animal, great nicety is by no means required. It muſt vary according to circumſtances, as the heat of the weather, the warmth of the climate, and the like. The vegetable part, however, where nothing forbids, ought certainly to preponderate, in the proportion at leaſt of two to one.

The exceſſive conſumption of animal food is one great

great cauſe of the ſcarcity of grain. The food that a bullock affords bears but a ſmall proportion to the quantity of vegetable matter he conſumes.

Good fruit is an excellent article of diet; but the greater part of what is uſed in this country by the lower orders of the people, is mere traſh. Fruit ſhould be eaten in the early part of the day, when the ſtomach is not loaded with food, and it ought never to be eaten raw till it is thoroughly ripe.

BREAD,

Or ſomething reſembling it, makes a part of the diet of all nations. Hence it is emphatically called "the ſtaff of life." It may however be uſed too freely. The late Dr. Fothergill was of opinion, and we perfectly agree with him, that moſt people eat more bread than is conducive to their health. We do not mean to inſinuate that bread is unwholeſome, but that the beſt things may prove hurtful when taken to exceſs. A ſurfeit of bread is more dangerous, than of any other food. The French conſume vaſt quantities of bread; but its bad effects are prevented by their copious uſe of ſoups and fruits, which have little or no ſhare in the diet of the people of England.

One important uſe of bread is to form a maſs fit for filling up the alimentary canal, and carrying the nutritious juices along that paſſage in ſuch a ſtate, as to render them fit to be acted upon by the lacteal abſorbants, which take up the nouriſhment and convey it to the blood. In this light, bread may be conſidered as a ſoil from whence the nouriſhment is drawn. We do not ſay that bread contains no nouriſhment, but that its uſe, as an article of diet, does not ſolely depend on the quantity of nutriment it contains, but in ſome meaſure on it fitneſs as a vehicle for conveying the nutritious particles through the inteſtinal tubes. Hence it follows that the fineſt bread is not alway the beſt adapted for anſwering the purpoſes of nutrition.

The richeſt food will not nouriſh an animal, unleſs the

the alimentary canal is ſufficiently diſtended. A dog has been fed on the richeſt broth, yet could not be kept alive; while another, which had only the meat boiled to a chip and the broth, throve very well. This ſhews the folly of attempting to nouriſh men on alimentary powders and other concentrated food.

The great art therefore of preparing food, is to blend the nutritive part of the aliment with a ſufficient quantity of ſome light farinaceous ſubſtance, in order to fill up the alimentary canal, without overcharging it with more nutritious particles than are neceſſary for the ſupport of the animal. This may be done either by bread, or other farinaceous ſubſtances, of which there is a great variety, as will appear in the ſequel.

Bread is one of the moſt expenſive modes of uſing grain, and not well adapted to the narrow circumſtances of the lower orders of the people, as it is burdened with two heavy additional charges, in paſſing through the hands of both miller and baker. Beſides, the former often grinds down extraneous matter with the wheat, and the latter as frequently bakes it up with the addition of lime, chalk, allum, and other pernicious ſubſtances. Since the articles of diet have become branches of manufacture, the public neither know what they eat, nor what they drink.

People imagine, as the fineſt flour contains the greateſt quantity of nouriſhment, that it muſt therefore be the moſt proper for making into bread; but this by no means follows. The fineſt flour comes the neareſt to ſtarch, which, though it may occaſionally prove a good medicine, makes bad bread. Houſehold bread, which is made by grinding down the whole grain, and only ſeparating the coarſer bran, is without doubt the moſt wholeſome.

The judicious and benelovent Dr. Buchan ſays, "The beſt houſehold bread I ever remember to have eat, was in the county of York. It was what they call meſlin bread, and conſiſted of wheat and rye ground together. I am not quite certain as to the proportion, but

but I think there might be two parts of the former to one of the latter. This bread, when well fermented, eats light, is of a pleaſant taſte, and ſoluble to the bowels. After uſing it for ſome years, I found that bread made entirely of wheat flour was neither ſo agreeable to the palate, nor ſo conducive to health."

Bread is often ſpoiled to pleaſe the eye. The artificially whitened, drying, ſtuffing bread, though made of the heart of the wheat, is in reality the worſt of any; yet this is the bread which moſt people prefer, and the poorer ſort will eat no other.

All the different kinds of grain are occaſionally made into bread, ſome giving the preference to one and ſome to another, according to early cuſtom and prejudice. The people of South Britain generally prefer bread made of the fineſt wheat flour, while thoſe of the northern countries eat a mixture of flour and rye-meal, or oatmeal, and many give the preference to bread made of oatmeal alone. The common people of Scotland alſo eat a mixed bread, but more frequently bread of oatmeal only. In Germany the common bread is made of rye, and the American labourer thinks no bread ſo ſtrengthening as that which is made of Indian corn; nor do we much doubt but the Laplander thinks his bread made of the bones of fiſhes is the beſt of any!

Bread made of different kinds of grain is more wholeſome than what is made of one only, as their qualities ſerve to correct one another. For example, wheat flour, particularly the finer kind, being of a ſtarchy nature, is apt to occaſion a conſumption. Bread made of ryemeal, on the other hand, proves often too ſlippery for the bowels. A due proportion of theſe makes the beſt bread.

For the more active and laborious we would recommend a mixture of rye with the ſtronger grains, as peas, beans, barley, oats, Indian corn, and the like. Theſe may be blended in many different ways: they make a hearty bread for a labouring man, and, to uſe his own language, they lie longer on his ſtomach than

than bread made of wheat flour only. Barley bread paſſes too quickly through the alimentary canal to afford time for conveying the proper nouriſhment; but bread made of barley mixed with peaſe is very nouriſhing.

When potatoes, or boiled grain, are uſed, bread ceaſes to be a neceſſary articles of diet. During the late ſcarcity of bread, many perſons made it a rule not to eat above one half they uſed to do, and found no inconveniency whatever from the change. Nay, ſome told us, that for a conſiderable time they had left off the uſe of bread altogether, without experiencing any change in the ſtate of their health.

A great part of the bread conſumed in this country is by children. It is alway ready, and when the child calls for food, a piece of bread is put into its hand, to ſave the trouble of dreſſing any other kind of victuals. Of many children this is the principal food, but it is far from being the moſt proper. Children are often troubled with acidities of the ſtomach and bowels; and it is well known that bread mixed with water, and kept in a degree of heat equal to that of the human ſtomach, ſoon turns ſour.

During the late ſcarcity, many of the labouring men, and even artificers, could not earn as much money as was ſufficient to keep their families in the article of bread only. It is certain, however, that on a different plan, ſuch families might have lived very comfortably. Many of the articles of diet are cheaper than bread, and equally wholeſome. Nearly one half of the expence of living might be ſaved by a due ſelection of the articles of diet!

The Engliſh labourer lives chiefly on bread, which being accompanied with other dry, and often ſalt food, fires his blood, and excites an unquenchable thirſt, ſo that his perpetual cry is for drink!

But the greateſt conſumption of bread is occaſioned by tea! It is ſaid, that the ſubjects of Great Britain conſume a greater quantity of that herb,—than the whole inhabitants of all the other nations of this quarter

ter of the globe. The loweſt woman in England muſt have her tea, and the children generally ſhare it with her. As tea contains no nouriſhment, either for old or young, there muſt of courſe be bread and butter to eat along with it. The ſhilling loaf will not go far among a family of hungry children, and if we add the coſt of tea, ſugar, butter, and milk, the expence of one meal will be more than would be ſufficient to fill their bellies with wholeſome food three times a day.

There is reaſon to believe, that one half of the bread conſumed in England is uſed to tea, without one hearty meal ever being made of it! The higher ranks uſe tea as a luxury, while the lower orders make a diet of it. The miſchief occaſioned by tea ariſes chiefly from its being ſubſtituted for ſolid food.

To a heavy, ſluggiſh, phlegmatic man, a moderate uſe of tea may not prove pernicious; but where there is a debilitated ſtomach and an irritabity of fibre, it never fails to do hurt. With many it has the effect to prevent ſleep.

Tea will induce a total change of conſtitution in the people of this country. Indeed it has gone a great way towards effecting that evil already. A debility, and conſequent irritability of fibre, are become ſo common, that not only women, but even men, are affected with them. That claſs of diſeaſes which, for want of a better name, we call nervous, has made almoſt a complete conqueſt of the one ſex, and is making haſty ſtrides towards vanquiſhing the other.

Did women know the train of diſeaſes induced by debility, and how diſagreeable theſe diſeaſes render them to the other ſex, they would ſhun tea as the moſt deadly poiſon! No man can love a woman eaten up with vapours, or waſhed down with diſeaſes ariſing from relaxation.

BOILED GRAIN,

Or meally ſubſtances, of one kind or another, make a neceſſary part of the food of man. Yet there can be no reaſon why ſuch ſubſtances ſhould always aſſume the name and form of bread. Many of them are more wholeſome, and not leſs agreeable, in other forms. Bread is often uſed to ſave the trouble of cookery; and, being portable, is the moſt convenient article of diet for carrying abroad.

It does not, however, admit of a doubt, that more grain is eaten boiled, though not in this country, than is made into bread; and that this mode of cookery is the moſt wholeſome. Simple boiling precludes all adulteration, and is an operation much leſs laborious and artificial than baking.

The moſt general article of diet among mankind, is rice. This may be made into a variety of diſhes; but ſimple boiling is all that is required, to render it a proper ſubſtitute for bread. It may either be eaten alone or with milk. In the eaſt, it is uſed with meat, in the ſame manner as we do bread. The people of this country believe that rice proves injurious to the eyes, but this ſeems to be without foundation, as it has no ſuch effect on thoſe who make it the principal part of their food.

Many other kinds of grain will, when boiled, make good ſubſtitutes for bread. Even thoſe which make a harſh and unpleaſant ſort of bread, are often rendered very palatable by boiling. This is the caſe with all the leguminous claſs of plants—as peaſe, beans, &c. Even oats and barley are more agreeable, as well as more wholeſome, when boiled, than made into bread.

All allow that peaſe and beans boiled, when young, are a great luxury. But when old, they are equally wholeſome, and, when properly cooked, by no means unpleaſant. There are few who do not reliſh peaſe pudding, and even prefer it to bread. Beans are not ſo fit for this purpoſe; but they make an excellent ingredient

gredient in the poor man's broth, and whoever eats this broth will find little occaſion for bread.

Peaſe and beans contain an equal quantity of ſugar with wheat, oats, or barley, and at the ſame time a greater proportion of oil, conſequently are more nouriſhing. This fact is confirmed by daily experience.

On thoſe farms where peaſe and beans are raiſed in great abundance, the labourers are much fed on that ſort of grain; but when removed to farms where they are fed with other kinds of grain, they ſoon complain of a diminution of ſtrength, and require a ſupply of peaſe meal as formerly.

Nature ſeems to have pointed out the propriety of extenſive uſe of peaſe and beans; it being a fact, that when crops of that kind are duly alternated with crops of wheat, barley, or oats, the fertility of the ſoil may be maintained, without reſt or manure, for many years together; whereas, if the latter be raiſed, on the ſame ſoil for ſeveral years ſucceſſively, they render it barren, ſo that, without reſt or manure, its fertility cannot be preſerved.

The people of England are but little accuſtomed to the uſe of boiled grain, though in many countries it is eaten as a luxury. Boiled barley is a great favourite with the Dutch, and is eaten with milk, butter, or treacle. It is the principal food of the Dutch ſailors, who, in general, are both healthy and robuſt.

Barley is one the beſt ingredients in ſoup. Count Rumford ſays, it poſſeſſes the quality of lithing, or thickening ſoups, in a ſuperior degree to any other grain. We have reaſon, however, to believe, that grits, or coarſe oatmeal, will anſwer that purpoſe ſtill better.

Oatmeal is commonly made into bread; but it is a much more wholeſome, as well as agreeable food, when made into haſty pudding, and eaten with milk, treacle, &c. The peaſants in many parts of Britain make two meals a day of it, while their children almoſt wholly ſubſiſt on it; and it is well known that

both old and young who are thus fed, are healthy and robuſt.

The opinion of oatmeal being heating, and occaſioning ſkin diſeaſes, is wholly without foundation. Bread made of oatmeal, when not leavened, will ſometimes occaſion the heart-burn; but this is no proof of its heating quality. Unleavened bread of wheat or any other grain, produces the ſame effect on a debilitated ſtomach. Oatmeal thoroughly boiled ſeldom gives the heart-burn.

Perſons who are fed on oatmeal bread, or haſty pudding, are not more ſubject to diſeaſes of the ſkin, than thoſe who live on wheat meal. Theſe diſorders proceed more from the want of cleanlineſs, than from any peculiar aliment. The French, ſo far from thinking that oatmeal is heating, ſpeak of it as poſſeſſing a cooling quality; and even the Engliſh give oatmeal, or gritgruel, to lying-in women, and ſick people of every deſcription, which ſhews that they are inconſiſtent with themſelves, in alledging that the blood is fired by the uſe of oatmeal.

A lieutenant of the army, reſiding at a ſmall village within a few miles of Edinburgh, with a wife and ten children, having no other income than his half pay, fed the whole of his children with haſty pudding and butter-milk only, from a conviction that it was the moſt wholeſome and full diet, that fell within the reach of his narrow circumſtances. They grew a pace, and it was the univerſal remark of the neighbourhood, that they were as ſprightly, healthy, and robuſt, as other children, and, at the ſame time, perfectly free from all ſkin diſeaſes.

Children are ſeldom well, unleſs when their bodies are gently open. But this is more likely to be the caſe when fed on oatmeal pudding with milk, or treacle, than when their bellies are crammed with a ſtarchy ſubſtance, ſuch as bread, made of the fineſt flour; yet this in England is the common food of children. Infants are ſtuffed four or five times a-day with this kind of food—there needs no conjurer to tell the conſequence!

A late

A late author, a man of learning, but the dupe of prejudice, has, by a ridiculous difinition endeavoured to repreſent oats as proper food for horſes only. We with the horſes in England devoured a ſmaller quantity of that grain, and the people more. Few things would have a greater tendency to leſſen the expence of living. The oats in North Britain are of a ſuperior quality, and we hope the people will long have the ſenſe to uſe them as an article of diet.

Indian corn is alſo ſaid to make the beſt food when boiled. Count Rumford obſerves, that of all things it makes the beſt pudding, and that he has made a hearty meal of it, ſauce included, for five farthings. What makes good puddings will make good dumplings, and theſe will, at any time, ſupply the place of bread. The Count alſo remarks, that the negroes in America prefer Indian corn to rice; and that the Bavarian peaſants prefer it to wheat; that it might be imported from North America at about four or five ſhillings per buſhel; that, when made into flour, it would coſt only one penny farthing per pound; and that it is highly nutritious, and the cheapeſt food known. During the late ſcarcity a large quantity of this grain was imported; but ſuch is the averſion of the common people of this country to every ſort of food to which they are not accuſtomed, that they refuſed to purchaſe it, and the merchants were very great loſers by the importation. On the ſame principle the Germans, till within theſe few years, could not be induced to eat potatoes, though now they are become extremely fond of them.

The American, the Italian, and the German, all cook Indian corn, in the ſame way as the North Britain does his oatmeal, by making it into haſty pudding. It may be eaten in a variety of ways. Some eat it with a ſauce compoſed of butter and brown ſugar, or treacle. Others eat it with milk only. In either way it make a good, cheap, and wholeſome diet, by no means diſagreeable to thoſe who are not over nice.

The

The only other grain we ſhall mention as beſt when boiled, is buck wheat:—It is of a very mucilaginous nature, and of courſe highly nutritious. In ſeveral parts of Europe, it conſtitutes a principal part of the food of the lower people. In former times it was eaten in Ruſſia, not by the lower claſſes only, even the nobility made uſe of it. Boiled, and then buttered, it was ſuch a favourite of the great Czar Peter, that he is ſaid ſeldom to have ſupped on any thing elſe.

BUTTER

Is ſo much uſed in this country that it has been ſaid that "the Engliſh have a thouſand religions and but one ſauce!" It muſt be allowed that they uſe butter with almoſt all kinds of food. Butter, though a good article of diet, may be uſed too freely, and that is the caſe in this country. To weak ſtomachs it is hurtful, even in ſmall quantities, and when uſed freely, it proves prejudicial to the ſtrongeſt.

Butter, like other things of an oily nature, has a conſtant tendency to turn rancid. This proceſs, by the heat of the ſtomach, is greatly accelerated, inſomuch that many people, ſoon after eating butter, complain of its riſing on their ſtomachs, in a ſtate highly diſagreeable. Oils of every kind are with difficulty mixed with watery fluids. This is the reaſon why butter floats on the ſtomach, and riſes in ſuch an unpleaſant manner.

Perſons afflicted with bile ſhould uſe butter very ſparingly. Some ſceptical authors doubt whether or not aliment of any kind has an effect on the bile. One thing, however, is certain, that many patients, afflicted with complaints which were ſuppoſed be occaſioned by bile, have been completely cured by a total abſtinence from butter.

The moſt violent bilious complaints ar eevidently occaſioned by food that became rancid on the ſtomach, as the cholera morbus and the like. Nor can ſuch complaints be cured, till the rancid matter is totally evacuated by vomiting and purging. But

But ſuppoſing butter did not poſſeſs the quality of becoming rancid on the ſtomach, it may, nevertheleſs, prove hurtful to digeſtion. Oils of all kinds are of a relaxing quality, and tend to impede the action of digeſtion. Hence the cuſtom of giving rich broths and fat meats to perſons who have a voracious appetite.

The free uſe of butter and other oily ſubſtances, not only tends to relax the ſtomach, and impede its action, but to induce a debility of the ſolids, which paves the way to many maladies. In a country where two thirds of the inhabitants lead ſedentary lives, a debility of fibre muſt predominate. Whatever increaſes that debility ought to be avoided.

Children, in general, are diſpoſed to diſeaſes ariſing from relaxation. Butter, of courſe, ought to be given to them with a very ſparing hand. But is this the caſe? By no means. Bread and butter conſtitute a great part of the food of children. Hence the groſs humours they are ſo much troubled with, are partly owing to this food. As children abound with moiſture, bread alone is, generally ſpeaking, better for them than bread with butter.

We have been aſtoniſhed to ſee the quantities of butter eaten by groſs women who lead ſedentary lives. Their tea bread is generally contrived ſo as to ſuck up butter like a ſpunge. What quantities of crumpets and muffins will they devour in a morning, ſoaked with this oil; and afterwards complain of indigeſtion, when they have eat as much as would overload the ſtomach of a ploughman. Dr. Fothergill is of opinion, that, butter produces the nervous or ſick head-ach, ſo common among the women of this couutry. As a proof of this, it is often cured by an emetic.

Oils, in certain quantities, excite nauſea, and even vomiting. They muſt, of courſe, prove unfriendly to digeſtion. A Dutch ſailor, we are told, can digeſt train oil. So may an Engliſh ſailor; but it would be very improper food for a delicate woman.

To ſome of the leaner farinaceous or meally ſubſtances, as potatoes, peaſe, &c. butter makes a very proper

per addition; but here we would recommend the butter to be made into ſauce with a little flour and water, both for vegetables and the more oily kinds of fiſh, as ſalmon or herrings, which will make them lie lighter on the ſtomach and be more eaſily digeſted,

Butter is rather a groſs food, and fitter for the athletic and laborious, than the ſedentary and delicate. It is leſs hurtful when eaten freſh than ſalted. Salt butter certainly tends to induce the ſkin diſeaſes, and the free uſe of it at ſea may have ſome ſhare in bringing on that dreadful malady, ſo deſtructive to our brave ſailors, the ſea ſcurvy.

The beſt method of rendering ſalt butter leſs hurtful, is to mix it with a ſmall quantity of honey, and keep it for uſe. In this way it may be given to children with greater freedom. In North Britain this method of mixing butter with honey is well known, and from a common proveb, the cuſtom appears to be very ancient.

Butter, in itſelf, is not near ſo hurtful, as when combined with certain other things. For example: bread made with butter is almoſt indigeſtible, and paſtries of every kind are little better; yet many people almoſt live upon paſtry, and it is univerſally given to children! It is little better, however, than poiſon, and never fails to to diſorder their ſtomachs. The fond mother cannot paſs a paſtry ſhop, without treating her darling boy with ſome of the dainties, and then wonders how he got the cough, or cholic!

The learned and ingenious Dr. Buchan ſays "I have known a man ſeemingly in perfect health, who, by eating a penny-worth of paſtry, as he paſſed along the ſtreet, was ſeized with ſuch an aſthmatic fit, that he was obliged to be carried home, and had nearly loſt his life. This occurred whenever he inadvertently eat any thing baked with butter in it."

Cheeſe, as a diet, is alſo injurious to health. It ſhould never be eaten but as a deſert. It occaſions conſtipation, fires the blood, and excites a conſtant craving for drink. It is very improper for the ſedentary, and hardly to be digeſted even by the athletic. If

If men will live on dry bread, poor cheeſe, ſalt butter, broiled bacon, and ſuch like parching food, they will find the way to the ale-houſe, the bane of the lower orders, and the ſource of half the beggary in the nation!

FRUITS AND ROOTS

Form a large claſs of ſubſtitutes for bread. The latter, being produced under ground, are leſs liable to ſuffer from the inclemency of the ſeaſons than grain Men who wiſh to inflame the minds of the multitude may enveigh againſt the ſubſtitutes for bread; but reaſon and ſound ſenſe ſay, the more ſubſtitutes for bread the better. When one fails recourſe can be had to another.

In warm climates the inhabitants have many ſubſtitutes for bread, and as their ſeaſons are more uniform than ours, they can generally depend on the plant, or whatever it is, proving productive. The plaintain-tree, commonly called the Indian fig, which has from time immemorial been cultivated in South America, bears fruit of a ſweetiſh taſte, which will diſſolve in the mouth without chewing. It is eaten either raw, fried, or roaſted. When intended to ſupply the place of bread, it is gathered before it is ripe, and eaten either boiled or roaſted. The banena is nearly of the ſame nature, but its fruit is greatly ſuperior both in taſte and flavour.

The inhabitants of the South Sea, or Ladrone iſlands, are ſupplied with bread from a tree, which has been lately imported into our Weſt India iſlands, and will, it is hoped, be found to anſwer the ſame purpoſe there. It has a ſlight degree of ſweetneſs, but not much flavour. It reſembles new bread, and requires to be roaſted before it is eaten. Thoſe who have taſted it ſay, that it is in no reſpect ſuperior to the potatoe.

In ſome of the Weſt India iſlands the inhabitants ſupply the place of grain by making bread from the root of a ſhrub called the caſſaba, or caſſava. This bread is very inſipid, yet the natives are fond of it.

But the moſt general ſubſtitute for bread in the Weſt Indies are the yams. There are three different ſpecies of this plant, the roots of which are promiſcuouſly uſed for bread. They are ſaid to be very nutritious, of eaſy digeſtion, and, when properly dreſſed, are by ſome preferred to the beſt wheaten bread. The taſte is ſomewhat like the potatoe, but more luſcious. The negroes generally eat them boiled, and beaten into a maſh. The white people have them ground into flour, and make bread and puddings of them. They can be preſerved for ſeveral ſeaſons, without loſing any of their primitive goodneſs.

Of all the ſubſtitutes for bread in Europe, the potatoe is the moſt extenſively uſeful. This plant is a native of Peru, and has been in Europe about two hundred years. Like moſt other important diſcoveries it made but a ſlow progreſs, and is ſtill far from being ſo generally cultivated as it deſerves to be. It is indeed known in moſt parts of Europe, but its culture is beſt underſtood in Ireland and the northern parts of England. At Harwich, however, the preference is given to the Dutch potatoes, brought over by the packets between that place and Helvoet Sluys. There is a light ſandy ſoil in Holland very favourable to the culture of that ineſtimable root.

As this plant thrives in every ſoil, and ſeldom ſuffers from the inclemency of ſeaſons, we muſt blame ourſelves if we ſuffer a famine to exiſt. Indeed no ſuch thing can ever be, where due attention is paid to the culture of potatoes. A far greater quantity of farinaceous food can be raiſed on an acre of ground planted with potatoes, than ſown with any kind of grain. It is not uncommon to have a return of forty for one. They are not ſo heavy a food as corn, but no man will ever periſh for hunger who can have potatoes.

Potatoes abound with an inſipid juice, which induces ſome to think that they are not very nutritious. Facts, however, are againſt this opinion. Some of the ſtouteſt men we known, are brought up on milk and

and potatoes. Dr. Pierſon, who has beſtowed ſome pains in analizing this root, ſays, that potatoes and water alone, with common ſalt, can nouriſh men completely. They differ in colour and conſiſtence, but not materially with regard to their nutritive qualities.

Some think the firm kind are the moſt nutritious; but the Iriſh, who muſt be good judges, give the preference to the meally. The difference, however, depends much on the mode of cooking them.

More than half the ſubſtance of potatoes conſiſts of water, and experience ſhews, that that mode of cooking, which moſt diminiſhes their moiſture, is to be preferred. In London they are drenched in water and waſhed before they are brought to market, which accounts, in a great meaſue, for the bad quality of the London potatoes.

They are dreſſed in a variety of ways but ſimple boiling or roaſting ſeems to be all the cooking they require, to render them a proper ſubſtitute for bread.

Some are fond of making bread of them. This, in our opinion, is marring both. Why manufacture any thing into bread, which requires only the aid of fire to make it ſuch? Nobody thinks of making dough of the bread fruit; but the potatoe might with as great propriety be called the bread root, as it is made into bread by the ſame proceſs.

Stewed mutton and potatoes makes not only a nouriſhing but a very palatable diſh. The exceſs of fat of the mutton which, when otherwiſe cooked, ſuſtains great loſs, is thus preſerved, by being abſorbed by the potatoes. It is, however, to be obſerved, that when potatoes are uſed in broth or ſtews, they ought previouſly to be boiled, and the water thrown away, as it contains ſomething deleterious. Simple boiling or roaſting is ſufficient to prepare them to ſupply the place of bread, but when they are intended to ſerve as a meal, they require ſomething of a ſoftening nature as milk, or butter made into ſauce with flour and water. What a treaſure is a milch cow and a potatoe garden, to a poor man with a large family! Yet, with

with a little attention from landlords and farmers, almoſt every man might be ſo accommodated, or at leaſt with the latter. What a ſource of real wealth and population! Men would multiply, and poverty, unleſs among the profligate, be unknown. Horſes are ſometimes fed with potatoes, and become very fond of them. With the addition of a ſmall quantity of hay, they are found to be ſufficiently nouriſhing.

We would beg leave to recommend, both to landlords and farmers a careful peruſal of Earl Winchelſea's excellent letter to ſir John Sinclair, on the advantages of cottagers renting lands. This humane Nobleman takes up the matter in a truly patriotic light, and ſhews, that farmers, inſtead of leſſening the number of poor, do every thing they can to multiply them; and we are ſorry to ſay that, ſo far as our obſervations go, they entirely agree with his lordſhip's.

Some think that the potatoe, unleſs it is made into bread, will not keep. But here we have proof from that friend to mankind, Dr. Buchan, he ſays "An accident taught me the contrary. Many years ago a friend of mine ſent me a potatoe, after it had been roaſted in an oven, on account of its ſingular figure. I laid it on a ſhelf among ſome other things of the like kind, and was ſurpriſed, on removing them many years after, to find the potatoe quite freſh, though as dry as a bone. On grating it down it was perfectly ſweet; and as fit for making ſoup as the day it was roaſted." We apprehend that nothing made into bread would have kept ſo long.

Poſterity will hardly believe that a ſcarcity of bread could be felt in Britain, at a time when it was known that a ſufficient quantity of farinaceous food could be raiſed in one county for the inhabitants of the whole iſland. Let proper incouragement be given to the culture of potatoes and ſet famine at defiance.

Many other domeſtic roots, ſprouts, &c. are very wholeſome, and may occaſionally ſupply the place of bread. Of theſe Mr. Bryant of Norwich reckons above forty; but we ſhall only take notice, by way of ſpecimen

ſpecimen, of the moſt uſeful and productive. It is worthy of remark, that no nation can be very populous, which does not draw a great part of its food from under ground.

The Jeruſalem artichoke is a native of Brazil, but, having been long cultivated in this country, it is too well known to need any deſcription. From its taſte, which is like that of artichoke bottoms, it would ſeem to be nutritious, and is far from being unpleaſant to the palate. Some reckon it windy, but this may be corrected in the cooking, by warm ſpices, and as the plant is very productive we would recommend it to be uſed in the ſame manner as potatoes and the other mealy roots.

Of the eſculent roots in this country, the parſnip is reckoned the moſt nouriſhing. It is alſo of eaſy digeſtion, and is agreeable to moſt palates. Some indeed diſlike it on account of its ſweetneſs; but that is proof of its nutritive quality, ſugar being the moſt nouriſhing thing in nature. We are told that, in the north of Ireland, the poor people make beer from this root.

There is not any plant that affords a more ſtriking proof of the benefits of culture than the turnip. In its wild ſtate it is good for little or nothing; but, when properly cultivated, it not only affords wholeſome nouriſhment for man, but furniſhes the principal winter food for cattle. Theſe is a ſpecies of this plant which grows in North Britain, called the yellow turnip, which is ſweet, and of a quality ſuperior to thoſe produced in the ſouth, particularly about London, which are bitter and ſtringy. The yellow turnip is the moſt nouriſhing, and alſo the moſt hardy in ſuſtaining the winter. It is eaten with milk to cure the conſumption and ſcurvy. Margraaf ſays, he could extract no ſugar from the turnip, which affords ground to conclude, that it is not ſo nutritive as certain other roots. Not only the root of the turnip, but the tops, when young, make pleaſant greens. The ſprouts, if gathered when very tender, make an excellent ſallad.

The carrot, like the turnip, is good for little in its natural

natural ſtate, being ſmall, tough, and ſtringy. Manured, it grows large, ſucculent, and of a pleaſant flavour. It ought however to be eaten young otherwiſe it lies on the ſtomach, and is hard of digeſtion. It is an ingredient in ſeveral ſoups, and being ſolid, may in ſome meaſure ſupply the place of bread.

Salſafy, ſkirret and the ſeveral kinds of beets are all pleaſant and nouriſhing. They are alſo of eaſy digeſtion, and may be dreſſed in a variety of ways. Margraaf has by experiment diſcovered, that both ſkirrets and beets contain a conſiderable quantity of ſugar. Though the extracting a ſaccharine ſalt from theſe plants may be no object while we poſſeſs the Weſt India iſlands, yet it ſerves to ſhew that they poſſeſs a quantity of nutritious matter, ſufficient to give them a rank among the articles calculated to ſupply the place of bread.

The onion, we are told, was a great favourite in Egypt four thouſand years ago, and Dr. Haſſalqueſt ſays, it is not to be wondered at, for whoever has taſted the onions of Egypt, muſt allow, that none can be better in any part of the globe. There, he ſays, they are ſweet, though in many countries they are ſtrong and nauſeous. There they are ſoft, whereas in northern countries they are hard; and their coats ſo compact, that they are difficult to digeſt. This very quality may recommend them in countries where food is ſcarce. The Doctor obſerves, that the Turks eat them roaſted to their meat as we do bread, and are ſo fond of them that they wiſh to be indulged with this diſh in Paradiſe.

From the Doctor's account one would be induced to believe that the onions uſed in Egypt was of a different ſpecies from ours; but it may depend on the mode of culture, as well as on the warmth of the climate and the difference of the ſoil, as we find in the ſouthern parts of Europe they are milder than in the more northerly. In Spain they are very mild, and a root weighing two pounds will grow from a ſingle ſeed.

Onions are dreſſed in a variety of ways, but in regard to wholeſomeneſs, there is no method better than ſimple boiled

boiling. By this method of cooking, they are rendered mild, of eaſy digeſtion, and go off without leaving any diſagreeable heat in the ſtomach or bowels. Many ſhun them for the ſtrong diſagreeable ſmell they communicate to the breath. Mr. Bryant ſays, this may be remedied, by eating a few raw parſley leaves immediately after, which will effectually overcome the onions, and cauſe them to ſit more eaſily on the ſtomach.

The leek is generally reckoned among pot-herbs; but as the root is the part chiefly uſed, the conſideration of it comes under the preſent diſcuſſion. Indeed, it is as properly a root as the onion, which grows chiefly above ground. The leek, as well as the onion, is ſaid to be a conſtant diſh at the table of the Egyptians, who chop them ſmall and eat them with their meat.

The leek is uſed as a pot-herb, in moſt parts of Britain, eſpecially in Wales, where the natives are ſaid to be fond of it. In Scotland a full grown fowl and a ſmall piece of ſalt beef, ſtewed with a large quantity of leeks, is a very favourite diſh. In our opinion the leek is not ſo generally uſed any where as it deſerves to be. There is no ingredient goes into ſoup that is more wholeſome, or that gives it a better flavour than leeks. They are in many reſpects medicinal, and as an ingredient in ſoups, they are much ſuperior to the onion, or any other pot-herb whatever.

It is a fact worthy of obſervation, that the boiling of vegetable ſubſtances thoroughly, extricates a conſiderable quantity of air, and makes them leſs liable to produce flatulency.

Mr. Bryant in his hiſtory of eſculent plants, enumerates above 450, each of which affords a wholeſome nouriſhment, and might be occaſionally uſed in place of bread: but of theſe we think the above ſpecimen is ſufficient to ſhew how liberal nature is in ſupplying man with food, provided he will take the trouble of culvating and cooking it.

May be conſidered as ſubſtitutes for bread. If properly made, they will ſerve for both bread and drink. Though broth is a diſh of the greaſt antiquity, and may be conſidered as extremely delicious, yet it is not a favourite in this country. Here the people are fond of what they call ſolids; yet thoſe very ſolids they make into broth, by ſwallowing as much drink as they can get. The only difference is, the foreigner makes his broth in a pot, and the Engliſhman makes his in the ſtomach.

A very ſenſible anonymous writer obſerves, that in England a pound of meat makes ſimply a pound of food; whereas, in any other country in Europe, that quantity of animal food, when ſtewed down with vegetables and Scotch barley, will produce an ample meal for half a dozen people. Hence he juſtly infers that, among the variety of ſchemes which may have been deviſed by the humane for relieving the diſtreſſes of the poor, a better and more extenſive charity cannot be deviſed than that of inſtructing them in a new mode of cookery.

The ſame author adds that the reſult of his experiments on this ſubject had exceeded his moſt ſanguine expectations, and that each day gave him freſh proofs of the excellency of his plan for teaching the poor and needy to find themſelves in a wholeſome and palatable diet, at the cheapeſt rate, in which little or no bread was required. He concludes by aſſerting that there is ſcarce a place in this kingdom where twenty perſons may not have a wholeſome, hearty, and palatable meal for three ſhillings.

This anonymous letter is followed by one from Colonel Poynter, two from Dr. Johnſton, of the royal hoſpital at Haſlar, addreſſed to Admiral Waldegrave, and one from the Admiral himſelf, written for inſertion in a public paper. They contain a variety of receipts for making cheap, wholeſome, and nouriſhing

ing diſhes which conſiſt chiefly of broths, ſoups, and ſtews, or what they call pottage, and are calculated to make a hearty and plentiful meal without bread or drink.

The writer who has paid moſt attention to the improvement of cookery for the benefit of the poor, is count Rumford. In his economical and philoſophical eſſays, he has given ſuch a variety of forms for making wholeſome, cheap, and nouriſhing ſoups, ſtews, and other diſhes for common uſe, that little more ſeems neceſſary to be ſaid on the ſubject. We ſhall only obſerve that the mode of living on broths, ſoups, haſty-pudding, and ſuch like, ſo warmly and juſtly recommended by the count, has been practiſed in the northern parts of this kingdom from time immemorial. There the food of people in general is haſty-pudding with milk for breakfaſt and ſupper, and broth, with vegetables and meat, for dinner. The poorer ſort often make broth without meat; but they all uſe vegetables in great abundance, and ſometimes they ſupply the place of meat with butter. As the haſty-pudding and milk make a compleat meal, no bread is neceſſary either at ſupper or breakfaſt; nor is much required at dinner, as the broth is made thick with barley, cabbage, and a variety of other vegetables or pot-herbs. Cabbage is a favourite ingredient in the Scotchman's broth. It is ſeldom made without this article, which is not eaten ſo early as in England. It is there ſuffered to grow to maturity, and when that is the caſe there is no plant more productive. This the Germans know well, and make it into ſour crout, one of the beſt antidotes againſt the ſcurvy with which we are acquainted.

This kind of diet not only ſaves bread but drink. The labourer who lives on haſty-pudding and ſoups, ſeldom has occaſion for drink: while he who is burnt up with dry bread and cheeſe, or ſalt meat broiled, has a continual thirſt, and ſpends the greater part of his earnings in liquor. This, by acting as a powerful ſtimulus, may make him do more work for ſome time

but it generally cuts him off in the middle of his days The Engliſh labourer, who works hard and drinks hard, ſeldom lives long, and is an old man when he ſhould be in his prime.

The roaſting of meat is a waſteful mode of cookery which ought to be avoided by the poorer ſort of people, as much of the ſubſtance, and the moſt nutritive parts, are loſt by ſcorching, and fly off by evaporation.

Should it be ſaid, that ſlops are recommended in place of ſolid food. They are ſuch ſlops, however, as the greateſt heroes of antiquity lived upon; and though we have viſited moſt parts of the iſland, we know of no better men than thoſe who live in the manner deſcribed above, nor are the people any where more healthy, or longer lived.

Broth is not only a diſh of great antiquity, but one that can be made in a great variety of ways. It receives into its compoſition animal and vegetable ſubſtance of every kind that are uſed in diet, and it may be ſeaſoned ſo as to ſuit every palate. Indeed, people early accuſtomed to eat broths properly made, are generally fond of them for their whole lives.

It would be difficult to aſſign a reaſon why the inhabitants of South Britain ſhould diſlike a diſh ſo much reliſhed by other nations. Cuſtom, no doubt, ſettles all theſe things; but how cuſtoms ariſe, is not ſo clear a matter. If an alteration in diet is to be introduced with effect, it muſt begin with children. Whatever men are accuſtomed to eat when young, they generally prefer for the reſt of their lives. Were the children in South Britain taught to eat haſty-pudding, with milk, for breakfaſt and ſupper; broth, and vegetables, with meat boiled in it, for dinner, they would reliſh theſe diſhes as long as they lived, would find little occaſion for bread, and ſtill leſs for drink; and would thrive better than on their preſent food.

What parents love themſelves, they generally give to their children, without any regard to its being proper

per for them or not. We have ſeen a father who was fond of ſtrong beer, make his ſon, an infant, guzzle it at every meal; and the mother who delights in tea, does not fail to give it to her daughter whenever ſhe takes it to herſelf. By this conduct, the ſon becomes a drunkard, and the daughter ſeps tea in place of ſolid food, until ſhe is eaten up with vapours and other nervous diſorders.

Count Rumford ſays, brown ſoup is the common breakfaſt of Bavarian peaſants, to which they occaſionally add bread. This he avers is infinitely preferable in all reſpects to that pernicious waſh, tea, with which the lower claſſes of the inhabitants of this iſland drench their ſtomachs, and ruin their conſtitutions. He adds, that a ſimple infuſion of this drug, drank boiling hot, as the poor generally drink it, is certainly a poiſon, which, though it be ſometimes ſlow in its operation, never fails to produce fatal effects, even in the ſtrongeſt conſtitution, where the free uſe of it is continued for a conſiderable length of time.

The German on his polenta, the American on his muſh, and the North Britain on his haſty-pudding, can make a hearty breakfaſt for a tenth part of what a tea-breakfaſt would coſt, while it is infinitely more wholeſome. It has alſo the advantage that no bread is neceſſary.

It is urged when recommending ſoups to the poor, that they had not time to make them, and that they could not afford fuel on account of its price, as it is dear in great towns. They can, however, find fuel twice a-day to boil a tea-kettle, and time to make the tea, which is a more tedious operation, by far, than making a meſs of haſty-pudding. For a great part of the year even the pooreſt perſon muſt have a little fire; and it would require no more to make a comfortable meſs of ſoup, which is always beſt when made with a ſlow fire.

The mode of living that we would recommend to the lower orders of the people, with a view to ſave

expence and improve their health, is to substitute occasionally other farinaceous substances in the place of bread, as potatoes, &c. to give up in a great measure the use of roasted, baked, and broiled meats, and to supply their place with broths, soups, stews, and such like, made with a little meat and plenty of vegetables; to give to children, and to grown people who will eat it, for breakfast, milk-porridge, or hasty-pudding with milk, small beer, or treacle. This will be found a more wholesome breakfast than tea, while it is much cheaper and requires no bread.

The celebrated Dr. Huffland, in his art of prolonging life, says, the moderate use of soups is certainly not hurtful: and it is singular that peopleshould imagine it tends too much to relax the stomach. Does not all our drink, even though cold, become in a few minutes a kind of warm soup in the stomach; and does not the stomach retain the same temperature during the whole day? Be careful only not to use it hot, in too great quantity at one time, or too watery. It is attended even with great advantages. It supplies the place of drink, particularly to men of letters, women, and all those who do not drink, or drink very little except at table, and who, when they give over soup, receive into their blood too little moisture. And it is here to be remarked, that fluids used in the form of soups unite much better and sooner with our juices than when drank cold and raw. On this account soup is a great preventive of dryness and rigidity in the body, and therefore the best nourishment for old people, and those who are of an arid temperament. It even supplies the place of medicine. After catching cold, in nervous head-achs, cholics, and different kinds of cramp in the stomach, warm soup is of excellent service. It may serve as a proof of the utility, or at least harmlessness of soup, to remark that our forefathers, who certainly had more strength than we have, used soup; and that it is used by rustics, who are still stronger than those in refined life

life; and the old people who have been accuſtomed to ſoup are great friends to it, as little chewing is required, and it is very nouriſhing to the ſtomach.

MEALLY ROOTS

And vegetables, by being uſed in larger proportion, than they now are, will tend to maintain health, and occaſionaly ſupply the place of bread—but we would by no means wiſh to diſcourage the culture of grain. The culture of grain is the culture of men. While the huſbandman is raiſing food for his fellow-creatures, he is laying the foundation of health and longevity to himſelf and his offspring. Innumerable benefits are connected with the culture of grain. While the artificer is ſitting in ſome awkward poſture breathing confined and perhaps contaminated air, the cultivator of the ſoil riſes with the ſun, eats his wholeſome meal of milk and farinaceous food, hies him to the field, where he ſpends the day in uſeful labour, inhales the freſh breezes, and at eve returns home with a keen appetite, to enjoy his ſimple repaſt and ſound repoſe.

It has been ſaid, as artificers can earn more money than thoſe who cultivate the ground, that arts ought to be encouraged, and grain, if neceſſary, imported. No manufacture is equal to the manufacture of grain. It ſupplies food for man and beaſt, while the ſurplus, by being exported, enriches the nation. Nor is it ſubject to the uncertainty of other manufactures. They often depend on faſhion and caprice, but the neceſſaries of life, will alway find their value ſomewhere. Though ſome regulation are wanting for the encouragement of agriculture, we do not conſider it as our provnice to dictate to the wiſdom of the legiſlature. They known their duty, and we believe that they are inclined to pay it all due attention.

We will venture however to aſſert, that if proper encourgeament were given to agriculture, Britain would at all times not only have a ſufficiency of grain for her own conſumption, but a ſurplus for exportation

tion. This would cotribute more to her real wealth, the happineſs of her people, and the ſtability of her government, than either the increaſe of her trade, the flouriſhing of her manufactures, or the extenſion of her territory.

It is a matter of real regret and wonder that Britain, at a time when agriculture is cultivated as a ſcience, ſhould not be able to raiſe grain for the ſupply of her own inhabitants, but become every year more dependent on foreign ſtates for even the neceſſaries of life. Until an adequate remedy can be found for this growing evil, the free uſe of the various ſubſtitutes for bread cannot fail to alleviate the calamities of the poor, and to reduce the price of labour.

The great conſumption of animal food, and the immenſe number of horſes kept in this country, are to be reckoned among the cauſes of the ſcarcity of grain. Mr. Mackie computes the number of horſes in this country to be about two millions, and that every horſe on an average, conſumes the produce of three fertile acres; conſequently the produce of ſix millions of fertile acres is annually conſumed by horſes. Theſe would produce a quantity of grain more than ſufficient to maintain half the inhabitants of Great Britain. Dr. Buchan ſays two hundred and ſixty thouſand of theſe animals are kept for pleaſure. "I ſhall be told that the contribute to health. That I deny. Did our ladies of faſhion and fine gentlemen make uſe of their limbs, inſtead of being dragged about in carriages, they would both benefit themſelves, and the public."

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APPENDIX:

CONTAINING

A Liſt of Simples and of ſuch Medicinal Preparations as ought to be kept in Readineſs for private Practice:

The Method of preparing and compounding ſuch Medicines as are recommended in the former Part of the Book, with the Addition of ſeveral others of a ſimilar Nature:

Remarks on the Doſes, Uſes, and Manner of applying the different Preparations.

INTRODUCTION.

IGNORANCE and ſuperſtition have attributed extraordinary medical virtues to almoſt every production of nature. That ſuch virtues were often imaginary, time and experience have ſufficiently ſhewn. Phyſicians, however, from a veneration for antiquity, ſtill retain in their liſts of medicine many things which owe their reputation entirely to the ſuperſtition, and credulity of our anceſtors.

The inſtruments of medicine will always be multiplied, in proportion to mens ignorance of the nature and cauſe of diſeaſes: when theſe are ſufficiently underſtood, the method of cure will be ſimple and obvious.

Ignorance of the real nature and permanent properties of thoſe ſubſtances employed in the cure of diſeaſes, is another reaſon why they have been ſo greatly multiplied. Phyſicians thought they could effect by a number of ingredients, what could not be done by any one of them. Hence aroſe thoſe amazing farragoes which have ſo long diſgraced the medical art, and which were eſteemed powerful in proportion to the number of ſimples that entered their compoſition.

The great variety of forms into which almoſt every article of medicine has been manufactured, affords another proof of the imperfection of the medical art. A drug which is perhaps moſt efficacious in the ſimpleſt form in which it can be adminiſtered, has been nevertheleſs ſerved up in ſo many different ſhapes, that one would be induced to think the whole art of phyſic lay in exhibiting medicine under as many different modes as poſſible.

Different forms of medicine, no doubt, have their uſe; but they ought never to be wantonly increaſed. They are by no means ſo neceſſary as is generally imagined. A few grains of powdered rhubarb, jalap, or ipecacuanha, will actually perform all that can be done

done by the different preparations of theſe roots, and may alſo be exhibited in as ſafe and agreeable a manner. The ſame obſervation holds with regard to the Peruvian bark, and many other ſimples of which the preparations are very numerous.

Multiplying the ingredients of a medicine, not only renders it more expenſive, but alſo leſs certain, both in its doſe and operation. Nor is this all. The compound, when kept is apt to ſpoil, or acquire qualities of a different nature. When a medicine is rendered more ſafe, efficacious, or agreeable, by the addition of another, they ought no doubt to be joined, in all other caſes, they are bettter kept aſunder. The combination of medicines embaraſſes the phyſician, and retards the progreſs of medical knowledge. It is impoſſible to aſcertain the preciſe effects of any one medicine, as long as it is combined with others, either of a ſimilar or diſſimilar nature.

In the exhibition of medicine, regard ſhould not only be had to ſimplicity, but likewiſe to elegance. Patients ſeldom reap much benefit from things that are highly diſagreeable to their ſenſes. To taſte or ſmell like a drug, is become a proverb; and to ſay truth, there is too much ground for it. Indeed no art can take away the diſagreeable taſte and flavour of ſome drugs, without entirely deſtroying their efficacy; it is poſſible, however, to render many medicines leſs diſguſtful, and others even agreeable; an object highly deſerving the attention of all who adminiſter medicine.

The deſign of the following pages is, to exhibit ſuch a liſt of drugs and medicines as may be neceſſary for private practice. They are conſiderably more numerous indeed than thoſe recommended in the former part of the book, but are ſtill greatly within the number contained in the moſt reformed diſpenſatories. The ſame medicine is ſeldom exhibited under different forms; and where different medicines anſwer nearly the ſame intention, there is commonly no more than one of them retained. Multiplying forms of

medicine for the ſame intention tends rather to bewilder than aſſiſt the young practitioner and the experienced phyſician can never be at a loſs to vary his preſcriptions as occaſion requires.

The chemical and other difficult preparations are for the moſt part omitted. All of them that are uſed by any private practitioner are not worth preparing. He will buy them much cheaper than he can make them. Great care however is neceſſary to obtain them genuine. They are often adulterated, and ought never to be purchaſed unleſs from perſons of known veracity. Such of them as are in common uſe are inſerted in the liſt of drugs and medicines. Their proper doſes and manner of application are mentioned in the practical part of the Book, wherever they are preſcribed.

Such articles of medicine as are to be found in the houſe or garden of almoſt every peaſant, as barley, eggs, onions, &c. are likewiſe, for the moſt part, omitted. It is needleſs to ſwell a liſt of medicines with ſuch things as can be obtained whenever they are wanted, and which ſpoil by being kept.

The preparations made and ſold by diſtillers and confectioners are alſo generally left out. Theſe people, by operating upon a larger plan, generally make things better, while it is in their power to afford them much cheaper, than they can be prepared by any private hand.

The quantity ordered of every medicine is as ſmall as could well be prepared, both to prevent unneceſſary expence, and that the medicine might not ſpoil by keeping. Almoſt every medicine ſuffers by being kept, and ſhould be uſed as ſoon after it has been prepared as poſſible. Even ſimple drugs are apt to ſpoil, and ſhould therefore be laid in in ſmall quantities; they either rot, are conſumed by inſects, or evaporate ſo as to loſe their peculiar taſte or flavour, and often become quite inſignificant.

In the preparation of medicines, we have generally followed the moſt improved diſpenſatories; but have

taken

taken the liberty to differ from them wherever our own obſervations, or thoſe of other practical writers, on whoſe judgment we could depend, ſuggeſted an improvement.

In ſeveral compoſitions, the ingredient on which the efficacy of the medicine principally depends is increaſed, while the auxiliaries, which are generally ordered in ſuch trifling quantities as to be of no importance, are left out, or only ſuch of them retained as are neceſſary to give the medicine a proper conſiſtence, or the like.

The colouring ingredients are likewiſe for the moſt part omitted. They increaſe the bulk and price of the medicine; without adding any thing to its value. It would be well if they were never uſed at all. Medicines are often adulterated for the ſake of a colour. Acrid and even poiſonous ſubſtances are, for this purpoſe, ſometimes introduced into thoſe medicines which ought to be moſt bland and emollient. Ointment of elder, for example, is often mixed with verdegriſe to give it a fine green colour, which entirely fruſtrates the intention of that mild ointment. Thoſe who wiſh to obtain genuine medicines ſhould pay no regard to their colour.

Some regard is likewiſe paid to expence. Such ingredients as greatly increaſe the price of any compoſition, without adding conſiderably to its virtue, are generally either omitted, or ſomewhat leſs expenſive ſubſtituted in their place. Medicines are by no means powerful in proportion to their price. The cheapeſt are often the beſt; beſides, they are the leaſt apt to be adulterated, and are always moſt readily obtained.

With regard to the method of compounding medicines, we have generally followed that which ſeemed to be the moſt ſimple and natural, mentioning the different ſteps of the proceſs in the ſame order in which they ought to be taken, without paying an implicit regard to the method of other diſpenſatories.

For many of the remarks concerning the preparation, &c. of medicines, we have been obliged to the author of the New Diſpenſatory. The other obſervations are either ſuch as have occured to onrſelves, or have been ſuggeſted in the courſe of reading, by authors whoſe names we are not able diſtinctly to recollect.

We have followed the alphabetical order, both with regard to the ſimples and preparations. A more ſcientific method would have been agreeable to ſome perſons, but leſs uſeful to the generality of readers. The different claſſes of medicine have no great dependence upon one another, and, where they have, it is hard to ſay which ſhould ſtand firſt or laſt; no doubt the ſimple preparations ought to precede the more compound. But all the advantages ariſing from this method of arrangement do not appear equal to that ſingle one, of being able, on the firſt opening of the book, to find out any article, which by the alphabetical order, is rendered quite eaſy.

The doſe of every medicine is mentioned whenever it appeared neceſſary. When this is omitted it to be underſtood that the medicine may be uſed at diſcretion. The doſe mentioned is always for an adult, unleſs when the contrary is expreſſed. It is not an eaſy matter to proportion the doſes of medicine exactly to the different ages, conſtitutions, &c. of patients; but, happily for mankind, mathematical exactneſs here is by no means neceſſary.

Several attempts have been made to aſcertain the proportional doſes for the different ages and conſtitutions of patients; but, after all that can be ſaid upon this ſubject, a great deal muſt be left to the judgment and ſkill of the perſon who adminiſters the medicine. The following general proportions may be obſerved; but they are by no means intended for exact rules.

A patient between twenty and fourteen may take two thirds of the doſe ordered for an adult; from fourteen to nine, one half; from nine to ſix, one third; from ſix to four, one-fourth; from four to two, one-ſixth;

ſixth; from two to one, a tenth; and below one, a twelfth.

Diſpenſatories are uſually written in the Latin language. Even authors who write in Engliſh, generally give their preſcriptions in Latin; and ſome of them ſhew ſo great an attachment to that language, as firſt to write their recipes in it, and afterwards tranſlate them; while others, to compromiſe the matter, write one half in Latin and the other in Engliſh. What peculiar charm a medical preſcription, when written in Latin, may have, we ſhall not pretend to ſay; but have ventured to make uſe of the plaineſt Engliſh we could, and hope our preſcriptions will ſucceed no worſe for it.

N. B. The Apothecary's weights, and the Engliſh wine meaſures, are uſed throughout the whole book, the different denominations of which will appear from the following Table.

A pound contains twelve ounces.
An ounce - - eight drams.
A dram - - three ſcruples.
A ſcruple - - twenty grains.
A gallon contains eight pints.
A pint - - - ſixteen ounces.
An ounce - - eight drams.
A ſpoonful is the meaſure of half an ounce.

THE following Liſt of Simples and Compounds, taken from the moſt improved Diſpenſatories, (to prevent miſtakes) the Engliſh name of every medicine is not only uſed, but the different articles arranged, in alphabetical order, and the ſmalleſt and largeſt doſe placed oppoſite to each article. The doſes indeed refer to adults, but may be adapted to different ages by attending to the rules laid down in the Introduction. Short cautions are occaſionally inſerted under ſuch articles as require to be uſed with care.

Though a greater variety of medicines is here contained, yet we would adviſe thoſe who peruſe it, as far as poſſible, to adhere to ſimplicity in practice. Diſeaſes are not cured by the multiplicity of medicines, but by their proper application. A few ſimples, judiciouſly adminiſtered, and accompanied with a proper regimen, will do more good, that a farrago of medicines employed at random.

A LIST

A LIST of the MEDICINES commonly uſed in Practice, with their proper Doſes.

A

ACACIA, the expreſſed juice, from 1 ſcruple to 1 dram.
Acid, the acetous 1 ſcruple to 1 dram
——, muriatic, 10 to 40 drops
——nitrious, diluted, 15 to 40 drops
——, vitriolic, diluted, 15 to 40 drops
Æther, vitriolic, 30 drops to 2 drams
Æthiop's mineral, 10 to 30 grains
Aloes, 5 to 30 grains
Allum, 6 to 20 grains
——, burned, 3 to 12 grains
Amber prepared, ½ to 1 dram
Ammoniac, gum, 5 to 30 grains
——————, milk of, ½ to 1 ounce
Angelica, the root powdered, ½ to 1½ dram
Anniſe, the ſeeds, 10 grains to 1 dram
Antimony, 10 grains to 1 dram
——————, calcined, 1 ſcruple to 1 dram
——————, glaſs of, ¼ to 2 grains
Aſafœtida, 6 grains to ½ a dram
——————, milk of, ½ to 1 ounce
Aſarum, to provoke ſneezing, 3 to 5 grains

B

Balſam of capivi, 20 to 60 drops
——— Canadian, — —
——— of Peru, — —
——— of Tolu, — —
Bark, Peruvian, powder, 2 ſcruples to 2 drams
Bears foot, powder, 10 to 20 grains
Benzoin, reſin of, 4 to 20 grains
———, flowers of, 10 to 20 grains

Biſtort,

Biſtort, powder of the root, 1 ſcruple to 1 dram
Bleſſed thiſtle, 10 grains to 1 dram
————, expreſſed juice of, 2 drams to 2 ounces
Bole, Armenian, 10 grains to 2 drams
——, French, —— ——
Borax, 10 to 40 grains
Broom, aſhes of the tops, 1 ſcruple to 1 dram
Burdock, powder of the root, 10 grains to one dram

C

Calomel, { 1 to 3 grains, alterative
3 to 12 do. purgative
Camphor, 2 grains to half a dram
Canella alba, powder of, 1 ſcruple to 2 drams
Cantharides, half to 4 grains
Cardamoms, 5 to 20 grains
Caraway ſeeds, 10 to 40 grains
Caſcarilla bark, 10 to 40 grains
Caſſia, the pulp, 2 drams to 1 ounce
Caſtor, 8 grains to 1 dram
Catechu, 15 to 30 grains
Camomile in powder, 20 grains to 1 dram
Chalk, 20 grains to 2 ſcruples
Cinnamon, 5 grains to 1 dram
Colocynth, 10 grains to 1 dram
Columbo, 10 grains to one dram
Confection, aromatic, 10 grains to 2 ſcruples
————, opiate 10 grains to 2 ſcruples
Crabs claws, prepared, 10 grains to 1 dram
Conſerve of roſes, 1 dram to 1 ounce
———— of ſquills, 20 to 30 grains
———— of arum, 20 grains to one dram
Contrayerva, 20 grains to two ſcruples
Coriander ſeeds, 15 grains to 1 dram
Cowhage, the ſpiculæ of one pod mixed with honey or molaſſes.

D

Dandelyon, expreſſed juice, 1 to 3 ounces
Decoction of hartſhorn, half a pint repeated as often as neceſſary. Decoction

Decoctioe of broom, 1 ounce to a pint of water, to be taken by tea-cupfuls.
——— of Peruvian bark, 1 to 4 ounces
——— of the inner bark of elm, 4 to 16 oz. daily
——— of ſarſaparilla, 4 to 16 ounces daily
——— compound
——— of guaiacum, 3 drams to a pint of water, A pint daily.

E

Electuary of caſſia, 1 dram to 1 ounce
——— of ſcammony, 20 grains to one dram
——— lenitive, or of ſenna, 30 grains to 6 drams
Elixir of vitriol, 15 to 50 drops
Elecampane, powder of the root, 20 grains to 1 dram
Extract of broom tops, half to 1 dram
——— Peruvian bark, 10 grains to half a dram
——— caſcarilla, 10 grains to half a dram
——— camomile, 20 grains to 1 dram
——— colocynth, 5 to 25 grains
Extract of gentian, 10 grains to half a dram
——— liquorice, 1 dram to half an ounce
——— logwood, 10 grains to half a dram
——— black hellebore, 3 to 10 grains
——— jalap, 10 to 20 grains
——— guaiacum, 10 to 20 grains
——— white poppies, 1 to 5 grains
——— rue, 10 to 20 grains
——— ſavin, 10 to 30 grains
——— ſenna, 10 to 30 grains

F

Fern, powder of the root, half a dram to half an ounce
Fennel ſeed, 20 grains to 1 dram
Fox glove, powder of the leaves, half to 3 grains, or a dram infuſed in a pint of boiling water, of which a doſe is 1 ounce. Should be adminiſtered with caution.

G

Galbanum, 10 to 30 grains
Galls, 10 to 20 grains

Garlic, cloves of, No. 1 to No 6
Gentian, 10 to 40 grains
Germander, 15 grains to 1 dram
Ginger, 5 to 20 grains
Genſeng, 20 to 30 grains
Guaiacum, gum-reſin, 10 to 30 grains
Gum arabic, 15 grains to 1 dram
—— gambouge, 2 to 12 grains

H

Hartſhorn, prepared, 20 grains to 1 dram
————, ſpirits of, 10 to 40 drops
————, cauſtic, in ſome mucilaginous vehicle } 5 to 25 drops
————, ſalt of, 2 to 12 grains
Hellebore, white, 1 to 5 grains
————, black, 5 to 10 grains
Hemlock. ſhould always be begun in very ſmall doſes of one grain or leſs, and gradually increaſed as the conſtitution will bear
Hiera picra, 10 to 20 grains
Honey of ſquills, 10 to 40 grains
————of roſes, 1 to 2 drams
Hoffman's anodyne liquor, 20 to 60 drops

I

Jalap, powder, 10 to 40 grains
Infuſion of Gentian, compound, 1 to 3 ounces
Infuſion of roſes, 2 to 8 ounces
of ſenna, half an ounce to 2 ounces
Ipecacuanha, 10 to 30 grains
Iron, ruſt of, 5 to 20 grains
—— ammoniated, 2 to 10 grains
—— tartariſed, 2 to 10 grains
—— ſalt of, half to 5 grains
Juniper, powder of the berries, 20 grains to 1 dram

K

Kino, gum, 10 to 30 grains
Kermes, juice of, 1 to 3 drams

L

Lichen, aſh-coloured, ground, 3 to 40 grains
———— Icelandic, a ſtrong decoction of, 1 to 4 ounces
Lime-water, 4 to 8 ounces

Lixivium of tartar, 15 to 40 drops
Linſeed, an infuſion of 1 ounce to a quart of water may be uſed at pleaſure

M

Madder powder, half to one dram
Mace, 10 to 20 grains
Magneſia, half a dram to 2 drams
——— calcined, half to 2 dram
Manna, half to 2 ounces
Maſtick, gum, 10 to 30 grains
Mercury, crude, half to 4 ounces
——— calcined, half to 2 grains
——— with chalk, 10 to 30 grains
——— corroſive ſublimate, one-eighth to half a grain
——— cinnabar of, 10 to 30 grains
——— yellow emetic, as ſternutory, 1 to 3 grains
Mezereon, decoct. to a pint of water, 1 gr. to 2 drams
Millipedes, 20 grains to 2 drams
Muſk, 5 to 40 grains
Muſtard ſeed, 1 dram to 1 ounce
Myrrh, gum, 10 grains to 1 dram

N

Nitre, purified, 10 to 30 grains
Nutmeg, 6 grains to half a dram

O

Oil of Almonds, half to 1 ounce
—— Linſeed, —— to ——
—— Caſtor, 2 drams to 1 ounce
Olibanum, 5 to 30 grains
Onion, expreſſed juice of, a powerful diuretic } half to 2 ounces
Opium, half to 2 grains
Opoponax, 10 to 30 grains
Oxymel of colchicum, half a dram to 1 ounce
——— of ſquills, half to 2 drams

P

Petroleum, 10 to 30 drops
Pills, aloetic, 10 to 30 grains
—— of the gums, 10 to 30 grains
—— mercurial, 10 to 20 grains

Pomegranate,

Pomegranate, powder of, 20 grains to 1 dram
Powder, antimonial, 3 to 6 grains
May be taken according to the directions for Jame's powder, with which it nearly coincides.
—— of contrayerva, compound, 15 to 30 grains
—— of Chalk, compound, 20 to 40 grains
———————— with opium, 10 to 40 grains
—— of Ipecacuanha, compound, or Dover's powder } 10 to 30 grains

Q

Quaſſia, 5 to 30 grains
Two drams to a pint of water for a dacoction.
Quince ſeeds, mucilage of, at pleaſure, to obtund acrimony.

R

Rhubarb, powder, 10 to 40 grains
Reſin, yellow, 3 to 20 grains
Rue powder, 20 fo 40 grains

S

St. John's wort, 20 grains to 1 dram
Saffron, 5 to 20 grains
Sagapenum, 10 to 30 grains
Sal ammoniac, 10 to 30 grains
Salt, Epſom, 2 drams to 1 a half ounce
—— Glauber, 4 drams to 2 ounces
—— Polychreſt, 20 grains to half an ounce
—— of Tartar, 10 to 30 grains
Sarſaparilla, powder of, 20 to 40 grains
Scammony, 5 to 10 grains
Seneka, 20 to 40 grains
Senna, 20 to 40 grains
Soap, 20 grains to half an ounce
—— lees, 10 to 30 drops
Scurvy graſs, expreſſed juice, 1 to 4 ounces
Snake root, 20 to 40 grains
Sorrel, juice of, depurated, 4 to 8 ounces
Spirit of Mindererus, 1 dram to 1 ounce
——ſweet, of vitriol, 15 to 40 drops
———— of nitre, 15 to 40 drops

Spirit

Spirit of ſal ammoniac, 15 to 40 drops
——— compound, — to ——
——— fœtid, — to ——
Spirits, diſtilled, half a dram to half an ounce
Spermaceti, 20 grains to 1 dram
Sponge, burned, 20 grains to 1 dram
Sulphur, flowers of, 20 grains to 1 dram
——— precipitated, of antimony, 1 to 4 grains
Squill, dried powder, 1 to 3 grains
——— freſh, 5 to 15 grains
Syrup of poppies, half a dram to half an ounce
——— of buckthorn, 1 to 2 drams
——— of ginger, 1 dram to half an ounce
Syrups in general, 1 to 2 drams

T

Tar water. A pint daily
Tartar, cream of, 2 drams to 1 ounce
——— regenerated, 20 grains to 1 dram
——— ſoluble, 2 drams to 1 ounce
——— emetic, alterative, one eighth to half a grain
——— ——— as emetic, 1 to 3 grains
Terra japonica, 20 to 40 grains
Tobacco, an infuſion of, 1 dram to a pint of water; ſhould be adminiſtered by table ſpoonfuls, ſtrongly diuretic
Tin, powder of, 20 grains to one dram.
Turmeric, 20 grains to 1 dram.
Turpentine, ſpirits of, 10 drops to 30 drops
Tincture of Aloes, half an ounce to an ounce
——————— compound, half a dram to 2 drams
Tincture of aſafœtida, half a dram to 2 drams
——— of Benzoin, compound, 10 drops to 40 drops
——— of cantharides, 10 drops to 40 drops
——— of cardamoms, one dram to half an ounce
——— of caſtor, half a dram to a dram and a half
——— of catechu, one dram to 2 drams
——— of Peruvian bark, one dram to half an ounce
——— of iron, muriated, 10 drops to 60 drops
——— of Columbo, one dram to 3 drams
——— of Gentian, compound, 1 dram to 3 drams

Tincture

Tincture of guaiacum, volatile 1 dram to 3 drams
——— of black hellebore, 1 ſcruple to 1 dram
——— of jalap, one dram to half an ounce
——— of lavender, compound, 20 drops to 2 drams
——— of myrrh, one ſcruple to one dram
——— of opium, 20 drops to 40 drops
——— ——— camphorated, or paregoric elixir } 1 dram to 3 drams
——— of rhubarb, half an ounce to 2 ounces
——— of ſenna, 2 drams to one ounce
——— of ſnake-root, one dram to 2 drams
——— of valerian, one dram to 3 drams
——— ——— volatile, one dram to 2 drams
Tormentil, powder of, 10 grains to half a dram

V

Valerian, powder of, 20 grains to 2 drams
Vinegar, diſtilled, 2 drams to 1 ounce
——— of ſquills, ten drops to 50 drops
——— ——— as emetic, half an ounce to an ounce
Verdigris, violent emetic, one grain to 2 grains
Vitriol, white, as a tonic, 2 grains to 5 grains
——— ——— as a quickly operating emetic, 20 grains to one dram
Vitriol, blue, emetic, one grain to 3 grains
Uva urſi, in powder, 20 grains to one dram

W

Water creſs, expreſſed juice of, half an ounce to 2 ounces
Water, the ſimple diſtilled, may generally be given from half an ounce to three or four ounces
Wormwood, expreſſed juice of, half an ounce to 2 ounces
White lead, one grain to 3 grains
Wine, aloetic, half an ounce to 1 ounce
——— antimonial, 20 drops to 2 drams
——— Ipecacuanha, 1 dram to an ounce and an half
——— Rhubarb, half an ounce to 2 ounces

MEDICINAL PREPARATIONS.

BALSAMS.

THE ſubject of this ſection is not the natural baſſams, but certain compoſitions, which from their being ſuppoſed to poſſeſs balſamic qualities, generally go by that name.

This claſs of medicines was formerly very numerous, and held in great eſteem: modern practice, however, has juſtly reduced it to a very narrow compaſs.

Anodyne Balſam.

Take of white Spaniſh ſoap, one ounce; opium, unprepared, two drams; rectified ſpirit of wine, nine ounces. Digeſt them together in a gentle heat for three days: then ſtrain off the liquor, and add to it three drams of camphor.

This balſam, as its tittle expreſſes, is intended to eaſe pain. It is of ſervice in violent ſtrains and rheumatic complaints, when not attended with inflammation. It muſt be rubbed with a warm hand on the part affected; or a linen rag moiſtened with it may be applied to the part; and renewed every third or fourth hour, till the pain abates. If the opium is left out, this will be the Saponacious balſam.

Locatelli's Balſam.

Take of olive oil, one pint; Straſburg turpentine and yellow wax, of each half a pound; red ſaunders, ſix drams. Melt the wax with ſome of the oil over a gentle fire; then adding the remaining part of the oil and the turpentine: afterwards mix the ſaunders, previouſly reduced to a powder, and keep them ſtirring together till the balſam is cold.

This balſam is recommended in eroſions of the inteſtines, the dyſentery, hæmorrhages, internal bruiſes, and

and in ſome complaints of the breaſt. Outwardly it is uſed for healing and cleanſing wounds and ulcers. The doſe, when taken internally, is from two ſcruples to two drams.

The Vulnerary Balſam.

Take of benzoin, powdered, three ounces; balſam of Peru, two ounces; hepatic aloes, in powder, half an ounce; rectified ſpirit of wine, two pints. Digeſt them in a gentle heat for three days and then ſtrain the balſam.

This balſam, or rather tincture, is applied externally to heal recent wounds and bruiſes. It is alſo employed internally to remove coughs, aſthmas, and other complaints of the breaſt. It is ſaid to eaſe the colic, cleanſe the kidnies, and to heal interal ulcers, &c.

The doſe is from twenty to ſixty drops.

This, though a medicine of ſome value, does not deſerve the extravagant encomiums which have been beſtowed on it. It has been celebrated under the different names of *The Commander's Balſam, Perſian Balſam, Balſam of Berne, Wade's Balſam. Friar's Balſam, Jeſuit's Drops, Turlington's Drops, &c,*

BOLUSES

Are intended for immediate uſe, as volatile ſalts and other ingredients improper for being kept are admitted in to their compoſition. They are generally compoſed of powders with a quantity of ſyrup, conſerve, or mucilarge. The lighter powders are commonly made up with ſyrup, and the more ponderous, as mercury, &c. with conſerve; but thoſe of the lighter kind would be more convenient made up with mucilage, as it increaſes their bulk leſs than the other additions, and alſo occaſions the medicine to paſs down more eaſily.

Aſtringent Bolus.

Take of allum, in powder, fifteen grains; gum kino, five grains; ſyrup, a ſufficient quantity to make a bolus.

In

In an exceſſive flow of the menſes, and other violent diſcharges of blood, proceeding from relaxation, this bolus may be given every four or five hours, till the diſchage abates.

Diaphoretic Bolus.

Take of gum guaiacum, in powder, ten grains; flowers of ſulphur and cream of tartar, of each one ſcruple; ſimple ſyrup, a ſufficient quantity.

In rheumatic complaints, and diſorders of the ſkin, this bolus may be taken twice a day. It will alſo be of ſervce in the inflammatory quinſey.

Mercurial Bolus.

Take of calomel, ſix grains; conſerve of roſes, half a dram. Make a bolus.

Where mercury is neceſſary, this bolus may be taken twice or thrice a week. It may be taken over night; and if it does not operate, a few grains of jalap will be proper next day to carry it off.

Bolus of Rhubarb and Mercury.

Take of the beſt rhubarb, in powder, from a ſcrupple to half a dram; of calomel, from four to ſix grains; ſimple ſyrup, enough to make a bolus.

This is a proper purge in hypochondriac conſtitutions; but its principal intention is to expel worms. Where a ſtronger purge is neceſſary, jalap may be uſed inſtead of the rhubarb.

Pectoral Bolus.

Take of ſpemaceti, a ſcruple; gum ammoniac, ten grains; ſalt of hartſhorn, ſix grains; ſimple ſyrup, as much as will make them into a bolus.

This bolus is given in colds and coughs of long ſtanding, aſthmas, and beginning conſumptions of the lungs. It is generally proper to bleed the patient before he begins to uſe it.

Purging Bolus.

Take of jalap, in powder, a ſcruple; cream of tartar, two ſcruples. Let them be rubbed together, and formed into a bolus, with ſimple ſyrup.

Where a mild purge is wanted, this will anſwer the purpoſe very well. If a ſtronger doſe is neceſſary, the jalap may be increaſed to half a dram or upwards.

CATAPLASMS AND SINAPISMS

Poſſeſs few or no virtues ſuperior to a poultice, which may be ſo made, as, in moſt caſes, to ſupply their place. They are chiefly intended to act as diſcutients or to promote ſuppuration; and as they may be of ſervice in ſome caſes, we ſhall give a ſpecimen of each kind.

Diſcutient Cataplaſm.

Take of barley-meal, ſix ounces; freſh hemlock leaves, bruiſed, two ounces; vinegar, a ſufficient quantity. Boil the meal and hemlock in the vinegar for a little time, and then add two drams of the ſugar of lead.

Ripening Cataplaſm.

Take of white lily root, four ounces; figs and raw onions, bruiſed, of each an ounce; yellow baſilicum ointment, two ounces; gum galbanum, half an ounce; linſeed meal, as much as neceſſary. Boil the roots alone with the figs in a ſufficient quantity of water; then bruiſe and add to them the other ingredients, ſo as to form the whole into a ſoft cataplaſm. The gum galbanum muſt be previouſly diſolved with the yolk of an egg.

Where it is neceſſary to promote ſuppuration, this cataplaſm may be uſed by thoſe who chuſe to be at the trouble and expence of making it. But a poultice of bread and milk, with a ſufficient quantity of either boiled or raw onions in it, and ſoftened with oil or freſh butter, is generally found the moſt proper application for this purpoſe.

Sinapiſms

Sinapiſms

Are employed to recal the blood and ſpirits to a weak part, as in the palſy and atrophy. They are alſo of ſervice in deep ſeated pains, as the ſciatica, &c. When the gout ſeizes the head or the ſtomach, they are applied to the feet to bring the diſorder to theſe parts, They are alſo applied to the patient's ſoles in the low ſtate of fevers. They ſhould not be ſuffered to lie on, however, till they have raiſed bliſters, but till the part becomes red, and will continue ſo when preſſed with the finger.

The ſinapiſm is only a poultice made with vinegar inſtead of milk, and rendered warm and ſtimulating by the addition of muſtard, horſe-radiſh, or garlic.

The common ſinapiſm is made by taking crumb of bread and muſtard-ſeed in powder, of each equal quantities; ſtrong vinegar, as much as is ſufficient, mixing them ſo as to make a poultice.

When ſinapiſms of a more ſtimulating nature are wanted, a little bruiſed garlic may be added to the above.

CLYSTERS

Are of more importance than is generally imagined. They ſerve not only to evacuate the contents of the belly, but alſo to convey very active medicines into the ſyſtem. Opium, for example, may be adminiſtered this way when it will not ſit on the ſtomach, and alſo in larger doſes that at any time it can be taken by the mouth. The Peruvian bark may likewiſe be, with good effect, adminiſtered in form of clyſters to perſons who cannot take it by the mouth.

A ſimple clyſter can ſeldom do hurt, and there are many caſes where it may do much good. A clyſter even of warm water, by ſerving as a fomentation to the parts, may be of conſiderable ſervice in inflammations of the bladder, and the lower inteſtines, &c.

Some ſubſtances, as the ſmoke of tobacco, may be thrown into the bowels in this way, which cannot by any other means whatever. This may be eaſily effected

fected by means of a pair of hand bellows, with an apparatus fitted to them for that purpoſe.

Nor is the uſe of clyſters confined to medicine. Aliment may alſo be conveyed in this way. Perſons unable to ſwallow, have been, for a conſiderable time, ſupported by clyſters.

Emollient Clyſter.

Take of linſeed tea and new milk, each ſix ounces. Mix them.

If fifty or ſixty drops of laudanum be added to this, it will ſupply the place of the Anodyne Clyſter.

Laxative Clyſter.

Take of milk and water, each ſix ounces; ſweet oil or freſh butter, and brown ſugar, of each two ounces. Mix them.

If an ounce of Glauber's ſalt, or two table ſpoonfuls of common ſalt, be added to this, it will be the Purging Clyſter.

Carminative Clyſter.

Take of camomile flowers, an ounce; aniſe-ſeeds, half an ounce. Boil them, in a pint and a half water to one pint.

In hyſteric and hypochondriac complaints this may be adminiſtered inſtead of the Fœted Clyſter, the ſmell of which is ſo diſagreeable to moſt patients.

Oily Clyſter

To four ounces of the infuſion of camomile flowers, add an equal quantity of Florence oil.

This clyſter is beneficial in bringing off the ſmall worms lodged in the lower parts of the alimentary canal. When given to children the quantity muſt be proportionably leſſened.

Starch Clyſter.

Take jelly of ſtarch, four ounces; linſeed oil, half an ounce. Liquify the jelly over a gentle fire, and then mix in the oil.

In

In the dyſentery or bloody flux, this clyſter may be adminiſtered after every looſe ſtool, to heal the ulcerated inteſtines and blunt the ſharpneſs of corroding humours. Forty or fifty drops of laudanum may be occaſionally added; in which caſe, it will generally ſupply the place of the Aſtringent clyſter.

Turpentine Clyſter.

Take of common decoction, ten ounces; Venice turpentine, diſſolved with the yolk of an egg, half an ounce; Florence oil, one ounce. Mix them.

This diuretic clyſter is proper in obſtructions of the urinary paſſages, and in colicky complaints, proceeding from gravel.

Vinegar Clyſter.

This clyſter is made by mixing three ounces of vinegar with five of water gruel.

It anſwers all the purpoſes of a common clyſter, with the peculiar advantage of being proper either in inflammatory or putrid diſorders, eſpecially in the latter.

☞ We think it unneceſſary to give more examples of this claſs of medicines, as ingredients adapted to any particuliar intention may be occaſionally added to one or other of the above forms.

COLLYRIA, OR EYE-WATERS,

Have been multiplied without number, almoſt every perſon pretending to be poſſeſſed of ſome ſecret preparation for the cure of ſore eyes; many of them, however, are pretty much alike, as their baſis is chiefly either allum, vitriol, or lead. Their effects evidently are, to brace and reſtore the tone of the parts: hence they are principally of ſervice in ſlight inflammations; and in that relaxed ſtate of the parts which is induced by obſtinate ones.

Camphor is commonly added to theſe compoſitions; but as it ſeldom incorporates properly with the water, it

it can be of little uſe. Boles and other earthy ſubſtances, as they do not diſſolve in water, they are unfit for the purpoſe.

Collyrium of Alum.

Take of alum, half a dram; mix it well with the white of one egg.

This is the collyrium of Riverius. It is uſed in inflammations of the eyes, to allay the heat, and reſtrain the flux of humours. It muſt be ſpread upon linen, and applied to the eyes; but ſhould not be kept on above three or four hours at a time.

Vitriolic Collyrium.

Take of white vitriol, half a dram; roſe-water, ſix ounces. Diſſolve the vitriol in the water, and filter the liquor.

This, though ſimple, is perhaps equal in virtue to moſt of the celebrated collyria. It is an uſeful application in weak, watery, and inflamed eyes. Though the ſlighter inflammations will generally yield to it, yet in thoſe of a more obſtinate nature the aſſiſtance of bleeding and bliſtering will often be neceſſary.

When a ſtrong aſtringent is judged proper, a double or triple quantity of vitriol may be uſed.

Collyrium of Lead.

Take ſugar of lead, and crude ſal ammoniac, of each four grains. Diſſolve them in eight ounces of common water.

Forty or fifty drops of laudanum may be occaſionly added to this collyrium.

Thoſe who chuſe may ſubſtitute inſtead of this the collyrium of lead recommended by Goulard; which is made by putting twenty-five drops of his Extract of Lead to eight ounces of water, and adding a teaſpoonful of brandy.

Indeed, common water and brandy, without any other addition, will in many caſes anſwer very well as a collyrium. An ounce of the latter may be added to

to five or ſix ounces of the former; and the eyes, if weak, bathed with it night and morning.

CONFECTIONS

Containing above ſixty ingredients are ſtill to be found in the moſt reformed diſpenſatories. As moſt of their intentions, however, may be more certainly, and as effectualy anſwered by a few glaſſes of wine or grains of opium, we ſhall paſs over this claſs of medicines very ſlightly.

Japanic Confection.

Take of Japan earth, three ounces; tormentil root, nutmeg, olibanum, of each two ounces; opium diſſolved in a ſufficient quantity of Liſbon wine, a dram and a half; ſimple ſyrup and conſerve of roſes, of each fourteen ounces. Mix and make them into an electuary.

This ſupplies the place of a diaſcordium.

The doſe of this electuary is from a ſcruple to a dram.

CONSERVES AND PRESERVES.

Every apothecary's ſhop was formerly ſo full of theſe preparations, that it might have paſſed for a confectioner's warehouſe. Thay poſſeſs very few medicinal properties, and may rather be claſſed among ſweetmeats than medicines. They are ſometimes, however, of uſe, for reducing into boluſes or pills ſome of the more ponderous powders, as the preparations of iron, mercury, and tin.

Conſerves are compoſitions of freſh vegetables and ſugar, beaten together into an uniform maſs. In making theſe preparations, the leaves of vegetables muſt be freed from their ſtalks, the flowers from their cups, and the yellow part of orange-peel taken off with a raſp. They are then to be pounded in a marble mortar, with a wooden peſtle, into a ſmooth maſs; after

after which, thrice their weight of fine ſugar is commonly added by degrees, and the beating continued till they are thoroughly mixed; but the conſerve will be better if only twice its weight of ſugar be added.

Thoſe who prepare large quantities of conſerve generally reduce the vegetables to a pulp by means of a mill, and afterwards beat them up with ſugar.

Conſerve of Red Roſes.

Take a pound of red roſe buds, cleared of their heels; beat them well in a mortar, and, adding by degrees two pounds of double refined ſugar, in powder, make a conſerve.

After the ſame manner are prepared the conſerves of orange-peel, roſemary flowers, ſea-wormwood, of the leaves of wood-ſorrel, &c.

The conſerve of roſes is one of the moſt agreeable and uſeful preparations belonging to this claſs. A dram or two of it, diſſolved in warm milk, is ordered to be given as a gentle reſtringent in weakneſs of the ſtomach, and alſo in phthiſical coughs, and ſpitting of blood. To have any conſiderable effects, however, it muſt be taken in larger quantities.

Conſerve of Sloes.

This may be made by boiling ſloes gently in water, being careful to take them out before they burſt; afterwards expreſſing the juice, and beating it up with three times its weight of fine ſugar.

In relaxations of the uvula and the glands of the throat, this makes an excellent gargle, and may be uſed at diſcretion.

Preſerves

Are made by ſteeping or boiling freſh vegetables firſt in water, and afterwards in ſyrup, or a ſolution of ſugar. The ſubject is either preſerved moiſt in the ſyrup, or taken out and dried, that the ſugar may candy upon it. The laſt is the moſt uſeful method.

Candied

Candied Orange Peel.

Soak Seville orange peel in ſeveral waters, till it loſes its bitterneſs; then boil it in a ſolution of double-refined ſugar in water, till it becomes tender and tranſparent.

Candied lemon peel is prepared in the ſame manner.

It is needleſs to add more of theſe preparations, as they belong rather to the art of the confectioner than that of the apothecary.

DECOCTIONS.

Water readily extracts the gummy and ſaline parts of vegetables; and though its action is chiefly confined to theſe, yet the reſinous and oily being intimately blended with the gummy and ſaline, are in great part taken up with them. Hence watery decoctions and infuſions of vegetables conſtitute a large, and not unuſeful, claſs of medicines. Although moſt vegetables yield their virtues to water, as well by infuſion as decoction, yet the latter is often neceſſary, as it ſaves time, and does in a few minutes what the other would require hours, and ſometimes days, to effect.

The medicines of this claſs are all intended for immediate uſe.

Decoction of Althæa.

Take of the roots of marſhmallows, moderately dried, three ounces; raiſins of the ſun, one ounce; water, three pints.

Boil the ingredients in the water till one third of it is conſumed; afterwards ſtrain the decoction, and let it ſtand for ſome time to ſettle. If the roots be thoroughly dried, they muſt be boiled till one half the water be conſumed.

In coughs, and ſharp defluctions upon the lungs, this decoction may be uſed for ordinary drink.

The common Decoction.

Take of camomile flowers, one ounce; elder flowers,

and ſweet fennel ſeeds, of each half an ounce; water, two quarts. Boil them for a little time, and then ſtrain the decoction.

A medicine equally good may be prepared by infuſing the ingredients for ſome hours in boiling water.

This decoction is chiefly intended as the baſis of clyſters, to which other ingredients may be occaſionally added. It will alſo ſerve as a common fomentation, ſpirit of wine or other things being added in ſuch quantity as the caſe may require.

Decoction of Logwood.

Boil three ounces of the ſhavings or chips of logwood, in four pints of water, till one half the liquor is waſted. Two or three ounces of ſimple cinnamon water may be added to this decoction.

In fluxes of the belly, where the ſtronger aſtringents are improper, a tea-cupful of this decoction may be taken with advantage three or four times a day.

Decoction of the Bark.

Boil an ounce of the Peruvian bark, groſsly powdered, in a pint and a half of water to a pint; then ſtrain the decoction. If a tea-ſpoonful of weak ſpirit of vitriol be added to this medicine, it will render it both more agreeable and efficacious.

Compound Decoction of the Bark.

Take of Peruvian bark, and Virginian ſnake root, groſsly powdered, of each three drams. Boil them in a pint of water to one half. To the ſtrained liquor add an ounce and a half of aromatic water.

Sir John Pringle recommends this as a proper medicine towards the decline of malignant fevers, when the pulſe is low, the voice weak, and the head affected with a ſtupor but with little delirium.

The doſe is four ſpoonfuls every fourth or ſixth hour.

Decoction of Sarſaparilla.

Take of freſh ſarſaparilla root, ſliced and bruiſed, two ounces; ſhavings of guaiacum wood, one ounce.

Boil

Boil over a ſlow fire, in three quarts of water, to one; adding towards the end, half an ounce of ſaſſafras wood, and three dram of liquorice. Strain the decoction.

This may either be employed as an aſſiſtant to a courſe mercurial alteratives, or taken after the mercury has been uſed for ſome time. It ſtrengthens the ſtomach, and reſtores fleſh and vigour to habits emaciated by the venereal diſeaſe. It may alſo be taken in the rheumatiſm, and cutaneous diſorders proceeding from foulneſs of the blood and juices. For all theſe intentions it is greatly preferable to the Decoction of Woods.

This decoction may be taken, from a pint and a half to two quarts a day.

The following decoction is ſaid to be ſimilar to that uſed by Kennedy, in the cure of the venereal diſeaſe, and may ſupply the place of the Liſbon diet drink:—

Take of ſarſaparilla, three ounces; liquorice, and mezerion root, of each half an ounce; ſhavings of guaiacum and ſaſſafras wood, of each one ounce; crude antimony, powdered, an ounce and a half. Infuſe theſe ingredients in eight pints of boiling water for twenty-four hours, then boil them till one half of the water is conſumed; afterwards ſtrain the decoction.

This decoction may be uſed in the ſame manner as the preceding.

Decoction of Seneka.

Take of ſeneka rattle-ſnake root, one ounce; water a pint and a half. Boil to one pint, and ſtrain.

This decoction is recommended in the pleuriſy, dropſy, rheumatiſm, and ſome obſtinate diſorders of the ſkin. The doſe is two ounces, three or four times a day, or oftener, if the ſtomach will bear it.

White Decoction.

Take of the pureſt chalk, in powder, two ounces; gum arabic, half an ounce; water, three pints. Boil to one quart, and ſtrain the decoction. This

This is a proper drink in acute diſeaſes, attended with or inclining to, a looſeneſs, and where acidities abound in the ſtomach or bowels. It is peculiarly proper for children when afflicted with ſourneſs of the ſtomach, and for perſons who are ſubject to the heart-burn. It maybe ſweetened with ſugar, as it is uſed, and two or three ounces of ſimple cinnamon water added to it.

An ounce of powdered chalk, mixed with two pints of water, will occaſionally ſupply the place of this decoction, and alſo of the chalk julep.

DRAUGHTS

Are proper for exhibiting ſuch medicines as are intended to operate immediately, and which do not need to be frequently repeated, as purges, vomits, and a few others, which are to be taken at one doſe. Where a medicine requires to be uſed for any length of time, it is better to make up a larger quantity of it at once, which ſaves both trouble and expence.

Anodyne Draught.

Take of liquid laudanum, twenty-five drops; ſimple cinnamon water, an ounce; common ſyrup, two drams. Mix them.

In exceſſive pain, where bleeding is not neceſſary, and in great reſtleſſneſs, this compoſing draught may be taken and repeated occaſionally.

Diuretic Draught.

Take of diuretic ſalt, two ſcruples; ſyrup of poppies, two drams; ſimple cinnamon water and common water, of each an ounce.

This draught is of ſervice in an obſtruction or deficiency of urine.

Purging Draughts.

Take of manna, an ounce; ſoluble tartar, or Rochel ſalt, from three to four drams. Diſſolve in three ounces

ounces of boiling water; to which add Jamaica pepper-water, half an ounce.

As manna ſometimes will not ſit upon the ſtomach, an ounce or ten drams of the bitter purging ſalts, diſſolved in four ounces of water, may be taken inſtead of the above.

Thoſe who cannot take ſalts, may uſe the following draught—

Take of jalap in powder, a ſcruple; common water, an ounce; aromatic tincture, ſix drams. Rub the jalap with twice its weight of ſugar, and add to it the other ingredients.

Sweating Draughts.

Take ſpirit of Mindererus, two ounces: ſalt of hartſhorn, five grains; ſimple cinnamon water, and ſyrup of poppies, of each half an ounce. Make them into a draught.

In recent colds and rheumatic complaints, this draught is of ſervice. To promote its effects, however, the patient ought to drink freely of warm water gruel, or ſome other weak diluting liquor.

Vomiting draught.

Take of ipecacuanha, in powder, a ſcruple; water, an ounce; ſimple ſyrup, a dram. Mix them.

Perſons who require a ſtronger vomit may add to the above half a grain, or a grain of the emetic tartar.

Thoſe who do not chuſe the powder, may take ten drams of the ipecacuanha wine; or half an ounce of the wine and an equal quantity of the ſyrup of ſquills.

ELECTUARIES

Are generally compoſed of the lighter powders, mixed with ſyrup, honey, conſerve, or mucilage, into ſuch a conſiſtence, that the powders may neither ſeparate by keeping, nor the maſs prove too ſtiff for ſwallowing. They receive chiefly the milder alterative

tive medicines, and ſuch as are not ungrateful to the palate.

Aſtringent electuaries, and ſuch as have pulps of fruit in them, ſhould be prepared only in ſmall quantities; as aſtringent medicines loſe their virtues by being kept in this form, and the pulps of fruits are apt to ferment.

For the extraction of pulps it will be neceſſary to boil unripe fruits, and ripe ones if they are dried, in a ſmall quantity of water till they become ſoft. The pulp is then to be preſſed out through a ſtrong hair ſieve, or thin cloth, and afterwards boiled to a due conſiſtence, in an earthen veſſel, over a gentle fire, taking care to prevent the matter from burning by continually ſtirring it. The pulps of fruit that are both ripe and freſh may be preſſed out without any previous boiling.

Lenitive Electuary.

Take of ſenna, in fine powder, eight ounces; coriander ſeed, alſo in powder, four ounces; pulp of tamarinds and of French prunes, each a pound. Mix the pulps and powders together, and with a ſufficient quantity of ſimple ſyrup, reduce the whole into an electuary.

A tea-ſpoonful of this electuary, taken two or three times a day, generally proves an agreeable laxative. It alſo ſerves as a convenient vehicle for exhibiting more active medicines, as jalaps, ſcammony, and ſuch like.

This may ſupply the place of the electuary of Caſſia.

Electuary for the Dyſentery.

Take of Japanic confection, two ounces; Locatelli's balſam, one ounce; rhubarb, in powder, half an ounce; ſyrup of marſhmallows, enough to make an electuary.

It is often dangerous in dyſenteries to give opiates and aſtringents, without interpoſing purgatives. The purgative is here joined with theſe ingredients, which renders

renders this a very safe and useful medicine for the purpose expressed in the title.

About the bulk of a nutmeg should be taken twice or thrice a day, as the symptoms and constitution may require.

Electuary for the Epilepsy.

Take of Peruvian bark, in powder, one ounce; of powdered tin, and wild valerian root, of each half an ounce; simple syrup, enough to make an electuary.

Dr. Mead directs a dram of an electuary similar to this to be taken evening and morning, in the epilepsy, for the space of three months. It will be proper, however, to discontinue the use of it for a few days every now and then. To this electuary is added, the powdered tin, because the epilepsy often proceeds from worms.

Electuary for the Gonorrhœa.

Take of lenitive electuary, three ounces; jalap, and rhubarb, in powder, of each two drams; nitre, half an ounce; simple syrup, enough to make an electuary.

During the inflammation and tension of the urinary passages, which accompany a virulent gonorrhœa, this cooling laxative may be used with advantage.

The dose is a dram, or about the bulk of a nutmeg, two or three times a day; more or less, as may be necessary to keep the body gently open.

An electuary made of cream of tartar and simple syrup will occasionally supply the place of this.

After the inflammation has gone off, the following may be used:

Take of lenitive electuary, two ounces; balsam of capivi, one ounce; gum guaiacum, and rhubarb, in powder, of each two drams; simple syrup, enough to make an electuary. The dose is the same as of the preceding.

Electuary of the Bark.

Take Peruvian of bark, in powder, three ounces; cascarilla,

caſcarilla, half an ounce; ſyrup of ginger, enough to make an electuary.

In the cure of obſtinate intermitting fevers, the bark is aſſiſted by the caſcarilla. In hectic habits, however, it will be better to leave out the caſcarilla, and put three drams of crude ſal ammoniac in its ſtead.

Electuary for the Piles.

Take flowers of ſuphur, one onuce; cream of tartar, half an ounce; treacle, ſufficient to form an electuary.

A tea-ſpoonfull of this to be taken three or four times a day.

Electuary for the Palſy,

Take of powdered muſtard-ſeed, and conſerve of roſes, each an ounce; ſyrup of ginger, enough to make an electuary.

A tea-ſpoonful of this may be taken three or four times a day.

Electuary for the Rheumatiſm.

Take of conſerve of roſes, two ounces; cinnabar of antimony, levigated, an ounce and an half; gum guaiacum, in powder, an ounce; ſyrup of ginger, a ſufficient quantity to make an electuary.

In obſtinate rheumatiſms, which are not accompanied with a fever, a tea-ſpoonful of this electuary may be taken twice a day with conſiderable advantage.

EMULSIONS,

Beſides their uſe as medicines, are alſo proper vehicles for certain ſubſtances, which could not be otherwiſe conveniently taken in a liquid form. Thus camphor, triturated with almonds, readily unites with water into an emulſion. Pure oils, balſams, reſins, and other ſimilar ſubſtances, are likewiſe rendered miſcible with water by the intervention of mucilages.

Common

Take of ſweet almonds, an ounce; bitter almonds a dram; water, two pints.

Let the almonds be blanched, and beat up in a marble mortar; adding the water by little and little, ſo as to make an emulſion; afterwards let it be ſtrained.

Arabic Emulſion.

This is made in the ſame manner as the above, adding to the almonds, while beating, two ounces and a half of the mucilage of gum arabic.

Where ſoft cooling liquors are neceſſary, theſe emulſions may be uſed as ordinary drink.

Camphorated Emulſion.

Take of camphor, half a dram; ſweet almonds, half a dozen; white ſugar, half an ounce; mint water, eight ounces. Grind the camphor and almonds well together in a ſtone mortar, and add by degrees the mint water; then ſtrain the liquor, and diſſolve in it the ſugar.

In fevers, and other diſorders which require the uſe of camphor, a table ſpoonful of this emulſion may be taken every two or three hours.

Emulſion of Gum Ammoniac.

Take of gum ammoniac, two drams; water, eight ounces. Grind the gum with the water poured upon it by little and little, till it is diſſolved.

This emulſion is uſed for attenuating tough, viſcid phlegm, and promoting expectoration. In obſtinate coughs, two ounces of the ſyrup of poppies may be added to it. The doſe is two table ſpoonfuls three or four times a day.

Oily Emulſion.

Take of ſoft water, ſix ounces; volatile aromatic ſpirit, two drams; Florence oil, an ounce; ſhake them well together, and add, of ſimple ſyrup, half an ounce.

In recent colds and coughs, this emulſion is gene-

rally of ſervice; but if the cough proves obſtinate, it will ſucceed better when made with the paregoric elixir of the Edinburgh Diſpenſatory, inſtead of the volatile aromatic ſpirit. A table-ſpoonful of it may be taken every two or three hours.

EXTRACTS

Are prepared by boiling the ſubject in water, and evaporating the ſtrained decoction to a due conſiſtence. By this proceſs ſome of the more active parts of plants are freed from the uſeleſs, indiſſoluble earthy matter, which makes the larger ſhare of their bulk. Water, however, is not the only menſtruum uſed in the preparation of extracts; ſometimes it is joined with ſpirits, and at other times rectified ſpirit alone is employed for that purpoſe.

Extracts are prepared from a variety of different drugs, as the bark, gentian, jalap, &c.; but, as they require a troubleſome and tedious operation, it will be more convenient for a private practitioner to purchaſe what he needs of them from a profeſſed druggiſt, than to prepare them himſelf. Such of them as are generally uſed are inſerted in our liſt of ſuch drugs and medicines as are to be kept for private practice.

FOMENTATIONS

Are generally intended either to eaſe pain, by taking off tenſion and ſpaſm; or to brace and reſtore the tone and vigour of thoſe parts to which they are applied. The firſt of theſe intentions may generally be anſwered by warm water, and the ſecond by cold. Certain ſubſtances, however, are uſually added to water with a view to highten its effects—as anodynes, aromatics, aſtringents, &c. We ſhall therefore ſubjoin a few of the moſt uſeful medicated fomentations, that people may have it in their power to make uſe of them if they chuſe.

Anodyne

Anodyne Fomentation.

Take of white poppy-heads, two ounces; elder flowers, half an ounce; water, three pints. Boil till one pint is evapourated, and ſtrain out the liquor.

This fomentation, as it title expreſſes, is uſed for relieving acute pain.

Aromatic Fomentation.

Take of Jamaica pepper, half an ounce; red wine, a pint. Boil them for a little, and then ſtrain the liquor.

This is intended, not only as a topical application for external complaints, but alſo for relieving the internal parts. Pains of the bowels, which accompany dyſenteries and diarrhœas, flatulent colics, uneaſineſs of the ſtomach, and retchings to vomit, are frequently abated by fomenting the abdomen and region of the ſtomach with the warm liquor.

Common Fomentation.

Take tops of wormwood and camomile flowers, dried, of each two ounces; water, two quarts. After a ſlight boiling, pour off the liquor.

Brandy or ſpirit of wine may be added to this fomentation, in ſuch quantity as the particular circumſtances of the caſe ſhall require; but theſe are not alway neceſſary.

Emollient Fomentation.

This is the ſame as the common decoction.

Strengthening Fomentation.

Take of oak bark, one ounce; granate peel, half an ounce; alum, two drams; ſmith's forge water, three pints. Boil the water with the bark and peel till one third is conſumed; then ſtrain the remaining decoction, and diſſolve it in alum

This aſtringent liquor is employed as an external fomentation to weak parts; it may alſo be uſed internally.

GARGLES

May appear trifling, but they are by no means without their uſe. They ſeldom indeed cure diſeaſes, but they often alleviate very diſagreeable ſymptoms; as parchedneſs of the mouth, foulneſs of the tongue and fauces, &c. they are peculiarly uſeful in fevers and ſore throats. In the latter, a gargle will ſometimes remove the diſorder; and in the former few things are more refreſhing or agreeable to the patient, than to have his mouth frequently waſhed with ſome ſoft detergent gargle.

One advantage of theſe medicines is, that they are eaſily prepared. A little barley-water and honey may be had any where; and if to theſe be added as much vinegar as will give them an agreeable ſharpneſs, they will make a very uſeful gargle for ſoftening and cleanſing the mouth.

Gargles have the beſt effect when injected with a ſyringe.

Attenuating Gargle.

Take of water, ſix ounces; honey, one ounce; nitre, one dram and a half.

This cooling gargle may be uſed either in inflammatory quinſey, or in fevers, for cleanſing the tongue and fauces.

Common Gargle.

Take of roſe-water, ſix ounces; ſyrup of clove July-flowers, half an ounce; ſpirit of vitriol, a ſufficient quantity to give it an agreeable ſharpneſs. Mix them.

This gargle, beſides cleanſing the tongue and fauces, acts as a gentle repellent, and will ſometimes remove a ſlight quinſey.

Detergent Gargle.

Take of the emollient gargle, a pint; tincture of myrrh, an ounce; honey, two ounces. Mix them.

When exulcerations require to be cleanſed, or the excretion

excretion of tough viſcid ſaliva promoted, this gargle will be of ſervice.

Emollient Gargle.

Take an ounce of marſhmallow roots, and two or three figs: boil them in a quart of water till near one half of it be conſumed; then ſtrain out the liquour.

If an ounce of honey, and half an ounce of ſpirit of ſal ammoniac, be added to the above, it will then be an exceeding good attenuating gargle.

This gargle is beneficial in fevers, where the tongue and fauces are rough and parched, to ſoften theſe parts, and promote the diſcharge of ſaliva.

The learned and accurate SirJohnPringle obſerves, that in the inflammatory quinſey, or ſtrangulation of the fauces, little benefit ariſes from the common gargles; that ſuch as are of an acid nature do more harm than good, by contracting the emunctories of the ſaliva and mucus, and thickening thoſe humours; that a decoction of figs in milk and water has a contrary effect, eſpecially if ſome ſal ammoniac be added; by which the ſaliva is made thinner, and the glands brought to ſecrete more freely; a circumſtance always conducive to the cure.

INFUSIONS.

Vegetables yield nearly the ſame properties to water by infuſion as by decoction; and though they may require a longer time to give out their virtues in in this way, yet it has ſeveral advantages over the other; ſince boiling is found to diſſipate the finer parts of many bitter and aromatic ſubſtances, without more fully extracting their medicinal principles.

The author of the New Diſpenſatory obſerves, that even from theſe vegetables which are weak in virtue, rich infuſions may be obtained, by returning the liquor upon freſh quantities of the ſubject, the water loading itſelf more and more with the active parts; and that theſe loaded infuſions are applicable to valuable

able purpoſes in medicine, as they contain in a ſmall compaſs the finer, more ſubtile, and active principles of the vegetables, in a form readily miſcible with fluids of the human body.

Bitter Infuſion.

Take tops of the leſſer centaury and cammomile flowers, of each half an ounce; yellow rind of lemon and orange peel, carefully freed from the inner white part, of each two drams. Cut them in ſmall pieces, and infuſe them in a quart of boiling water.

For indigeſtion, weakneſs of the ſtomach, or want of appetite, a tea-cupful of this infuſion may be taken twice or thrice a-day.

Infuſion of the Bark.

To an ounce of the bark, in powder, add four or five table-ſpoonfuls of brandy, and a pint of boiling water. Let them infuſe for two or three days.

This is one of the beſt preparations of the bark for weak ſtomachs. In diſorders where the corroborating virtues of that medicine are required, a tea-cupful of it may be taken two or three times a-day.

Infuſion of Carduus

Infuſe an ounce of the dried leaves of carduus benedictus, or bleſſed thiſtle, in a pint of common water, for ſix hours, without heat; then filter the liquor through paper,

This light infuſion may be given, with great benefit, in weakneſs of the ſtomach, where the common bitters do not agree. It may be flavoured at pleaſure with cinnamon, or other aromatic materials.

Infuſion of Linſeed.

Take of linſeed, two ſpoonfuls; liquorice root, ſliced, half an ounce; boiling water three pints. Let them ſtand to infuſe by the fire for ſome hours, and then ſtrain off the liquor

If

If an ounce of the leaves of colt's-foot be added to theſe ingredients, it will then be the Pectoral Infuſion. Both theſe are emollient mucilaginous liquors, and may be taken with advantage as ordinary drink in difficulty of making water; and in coughs and other complaints of the breaſt.

Infuſion of Roſes.

Take of red roſes, dried, half an ounce; boiling water a quart; vitriolic acid, commonly called oil of vitriol, half a dram; loaf ſugar, an ounce.

Infuſe the roſes in the water for four hours, in an unglazed earthen veſſel; afterwards pour in the acid, and having ſtrained the liquor, add to it the ſugar.

In an exceſſive flow of the menſes, vomiting of blood, and other hæmorrhages, a tea-ſpoonful of this gently aſtringent infuſion may be taken every three or four hours. It alſo makes an exceeding good gargle.

As the quantity of roſes uſed here can have little or no effect, an equally valuable medicine may be prepared by mixing the acid and water without infuſion.

Infuſion of Tamarinds and Senna.

Take of tamarinds, one ounce; ſenna, and cryſtals of tartar, of each two drams. Let theſe ingredients be infuſed four or five hours in a pint of boiling water; afterwards let the liquor be ſtrained, and an ounce or two of the aromatic tincture added to it. Perſons who are eaſily purged may leave out either the tamarinds or the cryſtals of tartar.

This is an agreeable cooling purge. A tea-cupful may be given every half hour till it operates.

This ſupplies the place of the Decoction of Tamarinds and Senna.

Spaniſh Infuſion.

Take of Spaniſh juice, cut into ſmall pieces, an ounce; ſalt of tartar, three drams. Infuſe in a quart of

of boiling water for a night. To the ſtrained liquor add an ounce and a half of the ſyrup of poppies.

In recent colds, coughs and obſtructions of the breaſt, a cupful of this infuſion may be taken with advantage three or four times a day.

Infuſion for the Palſy.

Take of horſe-radiſh root, ſhaved, muſtard-ſeed, bruiſed, each four ounces; outer rind of orange-peel, one ounce. Infuſe them in two quarts of boiling water, in a cloſe veſſel for twenty-four hours.

In paralytic complaints, a tea-cupful of this warm ſtimulating medicine may be taken three or four times a-day. It excites the action of the ſolids, proves diuretic, and, if the patient be kept warm, promotes perſpiration.

If two or three ounces of the dried leaves of marſh-trefoil be uſed inſtead of muſtard, it will make the Antiſcorbutic Infuſion.

JULEPS.

The baſis of Juleps is generally common water, or ſome ſimple diſtilled water, with one-third or one fourth its quantity of diſtilled ſpirituous water, and as much ſugar or ſyrup as is ſufficient to render the mixture agreeable. This is ſharpened with vegetable or mineral acids, or impregnated with other medicines ſuitable to the intention.

Camphorated Julep.

Take of camphor, one dram; rectified ſpirit of wine, ten drops; double-refined ſugar, half an ounce; boiling diſtilled water, one pint. Rub the camphor firſt with the ſpirit of wine, then with the ſugar; laſtly, add the water by degrees, and ſtrain the liquor.

In hyſterical and other complaints where camphor is proper, this julep may be taken in the doſe of a table ſpoonful or two as often as the ſtomach will bear it.

Cordial

Cordial Julep.

Take of ſimple cinnamon-water, four ounces; Jamaica pepper-water, two ounces; volatile aromatic ſpirit, and compound ſpirit of lavender, of each two drams; ſyrup of orange peel, an ounce. Mix them.

This is given in the doſe of two ſpoonfuls three or four times a day, in diſorders accompanied with great weakneſs and depreſſion of ſpirits.

Expectorating Julep.

Take of the emulſion of gum ammoniac, ſix ounces; ſyrup of ſquills, two ounces. Mix them.

In coughs, aſthmas, and obſtructions of the breaſt, two table ſpoonfuls of this julep may be taken every three or four hours.

Muſk Julep.

Rub half a dram of muſk well together with half an ounce of ſugar, and add to it gradually, of ſimple cinnamon and pepper-mint water, each two ounces; of the volatile aromatic ſpirit, two drams.

In the low ſtate of nervous fevers, hiccuping, convulſions, and other ſpaſmodic affections, two table ſpoonfuls of this julep may be taken every two or three hours.

Saline Julep.

Diſſolve two drams of ſalt of tartar in three ounces of freſh lemon juice, ſtrained; when the effervescence is over, add, of mint water, and common water, each two ounces; of ſimple ſyrup, one ounce.

This removes ſickneſs at the ſtomach, relieves vomiting, promotes perſpiration, and may be of ſome ſervice in fevers, eſpecially of the inflammatory kind.

Vomiting Julep.

Diſſolve four grains of ematic tartar in eight ounces of water, and add to it half an ounce of the ſyrup of clove July-flowers.

In the beginning of fevers, where there is no topi-

cal inflammation, this julep may be given in the doſe of one table ſpoonful every quarter of an hour till it operates. Antimonial vomits ſerve not only to evacuate the contents of the ſtomach, but alſo to promote the different excretions. Hence they are found in fevers to have nearly the ſame effects as Dr. James's Powder.

A MIXTURE

Differs from a julep in this reſpect, that it receives into its compoſition not only ſalts, extracts, and other ſubſtances diſſoluble in water, but alſo earths, powders, and ſuch ſubſtances as cannot be diſſolved. A mixture is ſeldom either an elegant or an agreeable medicine. It is nevertheleſs neceſſary. Many perſons can take a mixture, who cannot ſwallow a bolus or an electuary: beſides, theſe are medicines which act better in this than in any other form.

Aſtringent Mixture.

Take ſimple cinnamon-water, and common water, of each three ounces; ſpirituous cinnamon-water, an ounce and a half; Japanic confection, half an ounce. Mix them.

In dyſenteries, which are not of long ſtanding, after the neceſſary evacuations, a ſpoonful or two of this mixture may be taken every four hours, interpoſing every ſecond or third day a doſe of rhubarb.

Diuretic Mixture.

Take of mint-water, five ounces; vinegar of ſquills, ſix drams; ſweet ſpirit of nitre, half an ounce; ſyrup of ginger, an ounce and a half. Mix them.

In obſtructions of the urinary paſſages, two ſpoonfuls of this mixture may be taken twice or thrice a day.

Laxative Abſorbent Mixture.

Rub one dram of magneſia alba in a mortar with ten or twelve grains of the beſt Turkey rhubarb, and add

add to them three ounces of common water; ſimple cinnamon-water, and ſyrup of ſugar, of each one ounce.

As moſt diſeaſes of infants are accompanied with acidities, this mixture may either be given with a view to correct theſe, or to open the body. A table-ſpoonful may be taken for a doſe, and repeated three times a day. To a very young child half a ſpoonful will be ſufficient.

When the mixture is intended to purge, the doſe may either be increaſed, or the quantity of rhubarb doubled.

This is one of the moſt generally uſeful medicines for children.

Saline Mixture.

Diſſolve a dram of ſalt of tartar in four ounces of boiling water; and, when cold, drop into it ſpirit of vitriol till the effervescence ceaſes; then add, of pep-permint-water, two ounces; ſimple ſyrup, one ounce.

When freſh lemons cannot be had, this mixture may occaſionally ſupply the place of the ſaline julep.

Squill Mixture.

Take of ſimple cinnamon water, five ounces; vine-gar of ſquills, one ounce; ſyrup of marſhmallows, an ounce and a half. Mix them.

This mixture, by promoting expectoration, and the ſecretion of urine, proves ſerviceable in aſthmatic and dropſical habits. A table-ſpoonful may be ta-ken frequently.

OINTMENTS, LININENTS, AND CERATES.

Notwithſtanding the extravagant encomiums which have been beſtowed on different preparations of this kind, with regard to their efficacy in the cure of wounds, ſores, &c. it is beyond a doubt, that the moſt proper application to a green wound is dry lint. But though ointments do not heal wounds and ſores,

yet they ſerve to defend them from the external air, and to retain ſuch ſubſtances as may be neceſſary for drying, deterging, deſtroying proud fleſh, and ſuch like. For theſe purpoſes, however, it will be ſufficient to inſert only a few of the moſt ſimple forms, as ingredients of a more active nature can occaſionally be added to them.

Yellow Baſilicum Ointment.

Take of yellow wax, white reſin, and frankincenſe, each a quarter of a pound; melt them together over a gentle fire; then add, of hog's lard prepared, one pound. Strain the ointment while warm.

This ointment is employed for cleanſing and healing wounds and ulcers.

Ointment of Calamine.

Take of olive oil, a pint and a half; white wax, and calamine ſtone levigated, of each half a pound. Let the calamine ſtone, reduced to fine powder, be rubbed with ſome part of the oil, and afterwards added to the reſt of the oil and wax previouſly melted together, continually ſtirring them till quite cold.

This ointment, which is commonly known by the name of Turner's Cerate, is an exceeding good application in burns and excoriations from whatever cauſe.

Emollient Ointment.

Take of palm oil, two pounds; olive oil, a pint and a half; yellow wax, half a pound; Venice turpentine, a quarter of a pound. Melt the wax in the oils over a gentle fire; then mix in the turpentine, and ſtrain the ointment.

This ſupplies the place of Althœa Ointment. It may be uſed for anointing inflamed parts, &c.

Eye Ointment.

Take hog's lard prepared, four ounces; white wax, two drams; tutty prepared, one ounce; melt the

the wax with the lard over a gentle fire, and then ſprinkle in the tutty, continually ſtirring them till the ointment is cold.

This ointment will be more efficacious, and of a better conſiſtence, if two or three drams of camphor be rubbed up with a little oil, and intimately mixed with it.

Another.

Take of camphor, and calamine ſtone levigated, each ſix drams; verdigriſe well prepared, two drams; hog's lard, and mutton ſuet, prepared, of each two ounces. Rub the camphor well with the powder; afterwards mix in the lard and ſuet, continuing to ſtir them till they be pefectly united.

This ointment has been long in eſteem for diſeaſes of the eyes. It ought, however, to be uſed with caution, when the eyes are much inflamed or very tender.

Iſſue Ointment.

Mix half an ounce of Spaniſh flies, finely powdered, in ſix ounces of yellow baſilicum ointment.

This ointment is chiefly intended for dreſſing bliſters, in order to keep them open during pleaſure.

Ointment of Lead.

Take of olive oil, half a pint: white wax, two ounces; ſugar of lead, three drams. Let the ſugar of lead, reduced to a fine powder, be rubbed up with ſome part of the oil, and afterwards added to the other ingredients, previouſly melted together, continually ſtirring them till quite cold.

This cooling and gently aſtringent ointment may be uſed in all caſes where the intention is to dry and ſkin over the part, as in ſcalding, &c.

Mercurial Ointment.

Take of quickſilver, two ounces; hog's lard, three ounces; mutton ſuet, one ounce. Rub the quickſilver with an ounce of the lard in a warm mortar, till the

the globules be perfectly extinguiſhed; then rub it up with the reſt of lard and ſuet, previouſly melted together.

The principal intention of this ointment is to convey mercury into the body by being rubbed upon the ſkin.

Ointment of Sulphur.

Take of hog's lard prepared, four ounces; flowers of ſulphur, an ounce and a half; crude ſal ammoniac, two drams; eſſence of lemon, ten or twelve drops. Make them into an ointment.

This ointment, rubbed upon the parts affected, will generally cure the itch. It is both the ſafeſt and beſt application for that purpoſe, and, when made in this way, has no diſagreeable ſmell.

White Ointment.

Take of olive oil, one pint; white wax, and ſpermaceti, of each three ounces. Melt them with a gentle heat, and keep them conſtantly and briſkly ſtirring together, till quite cold.

If two drams of camphor, previouſly rubbed with a ſmall quantity of oil, be added to the above, it will make the White camphorated Ointment.

Liniment for Burns.

Take equal parts of Florence oil, or freſh drawn linſeed oil, and lime-water; ſhake them well together in a wide mouthed bottle, ſo as to form a liniment.

This is found to be an exceeding proper application for recent ſcalds or burns. It may either be ſpread upon a cloth, or the parts affected may be anointed with it twice or thrice a day.

White Liniment.

This is made in the ſame manner as the white ointment, two thirds of the wax being left out.

This liniment may be applied in caſes of excoriation, where, on account of the largeneſs of the ſurface

face, the ointments with lead or calamine might be improper.

Liniment for the Piles.

Take of emollient ointment, two ounces; liquid laudanum, half an ounce. Mix theſe ingredients with the yolk of an egg, and work them well together.

Volatile Liniment.

Take of Florence oil, an ounce; ſpirit of hartſhorn, half an ounce. Shake them together.

This liniment, made with equal parts of the ſpirit and oil, will be more efficacious, where the patient's ſkin is able to bear it.

Sir John Pringle obſerves, that in the inflammatory quinſey, a piece of flannel, moiſtened with this liniment, and applied to the throat, to be renewed every four or five hours, is one of the moſt efficacious remedies; and that it ſeldom fails, after bleeding, either to leſſen or carry off the complaint. The truth of this obſervation is alſo affirmed by the very judicious Dr. Buchan.

Camphorated Oil.

Rub an ounce of camphor, with two ounces of Florence oil, in a mortar, till the camphor be intirely diſſolved.

This antiſpaſmodic liniment may be uſed in obſtinate rheumatiſms, and in ſome other caſes accompanied with extreme pain and tenſion of the parts.

PILLS.

Medicines which operate in a ſmall doſe, and whoſe diſagreeable taſte, or ſmell, makes it neceſſary that they ſhould be concealed from the palate, are moſt commodiouſly exhibited in this form. No medicine, however, that is intended to operate quickly, ought to be made into pills, as they often lie for a conſiderable time on the ſtomach before they are diſſolved, ſo as to produce any effect.

As

As the ingredients which enter the compoſition of pills are generally ſo contrived, that one pill of an ordinary ſize may contain about five grains of the compound, in mentioning the doſe we ſhall ſpecify the number of pills to be taken: as one, two, three, &c.

Compoſing Pill.

Take of purified opium, ten grains; Caſtile ſoap, half a dram. Beat them well together, and form the whole into twenty pills.

When a quieting draught will not ſit on the ſtomach, one, two, or three, of theſe pills may be taken, as occaſion requires.

Fœtid Pill.

Take of aſafœtida, half an ounce; ſimple ſyrup, as much as is neceſſary to form it into pills.

In hyſteric complaints, four or five pills of an ordinary ſize, may be taken twice or thrice a day. They may alſo be of ſervice to perſons afflicted with the aſthma.

When it is neceſſary to keep the body open, a proper quantity of rhubarb, aloes, or jalap may be occaſionally added to the above maſs.

Hemlock Pill.

Take any quantity of the extract of hemlock, and adding to it about a fifth part of its wieght of the powder of the dried leaves, form it into pills of the ordinary ſize.

The extract of hemlock may be taken from one grain to ſeveral drams in the day. The beſt method, however, of uſing theſe pills, is to begin with one or two, and to increaſe the doſe gradually, as far as the patient can bear them, without any remarkable degree of ſtupor or giddineſs.

Mercurial Pill.

Take of purified quickſilver, and honey, each half

an

an ounce. Rub them together in a mortar, till the globules of the mercury are perfectly extinguiſhed; then add, of Caſtile ſoap, two drams: powdered liquorice, or crumb of bread, a ſufficient quantity to give the maſs a proper conſiſtence for pills.

When ſtronger mercurial pills are wanted, the quantity of quickſilver may be doubled.

The doſe of theſe pills is different, according to the intention with which they are given. As an alterative, two or three may be taken daily. To raiſe a ſalivation, four or five will be neceſſary.

Equal parts of the above pill and powdered rhubarb made into a maſs, with a ſufficient quantity of ſimple ſyrup, will make the Mercurial purging pill.

Mercurial ſublimate pill.

Diſſolve fifteen grains of the corroſive ſublimate of mercury in two drams of the ſaturated ſolution of crude ſal ammoniac, and make it into a paſte, in a glaſs mortar, with a ſufficient quantity of crumb of bread. This maſs muſt be formed into one hundred and twenty pills.

This pill, which is the moſt agreeable form of exhibiting the ſublimate, has been found the moſt efficacious, not only in curing the venereal diſeaſe, but alſo in killing and expelling worms, after other powerful medicines had failed.

For the venereal diſeaſe, four of theſe pills may be taken twice a day, as an alterant three, and for worms two.

Plummer's pill.

Take of calomel, or ſweet mercury, and precipitated ſulphur of antimony, each three drams; extract of liquorice, two drams. Rub the ſulphur and mercury well together: afterwards add the extract, and, with a ſufficient quantity of the mucilage of gum arabic, make them into pills.

This pill has been found a powerful, yet ſafe, alterative in obſtinate cutaneous diſorders; and has completed a cure after ſalivation had failed. In venereal

caſes it has alſo produced excellent effects. Two or three pills of an ordinary ſize may be taken night and morning, the patient keeping moderately warm, and drinking after every doſe a draught of the decoction of the woods, or of ſarſaparilla.

Purging pill.

Take of ſuccotorine aloes, and Caſtile ſoap, each two drams; of ſimple ſyrup, as much as will make them into pills.

Four or five of theſe pills will generally prove a ſufficient purge. For keeping the body gently open, one may be taken night and morning. They are reckoned both deobſtruent and ſtomachic, and will be found to anſwer all the purpoſes of Dr. Anderſon's pills, the principal ingredient of which is aloes.

Where the aloetic purges are improper, the following pills may be uſed:—

Take extract of jalap, and vitriolated tartar, of each two drams; ſyrup of ginger, as much as will make them of a proper conſiſtence for pills.

Theſe pills may be taken in the ſame quantity as the above.

Pills for the Jaundice.

Take of Caſtile ſoap, ſuccotorine aloes, and rhubarb, of each one dram. Make them into pills with a ſufficient quantity of ſyrup or mucilage.

Theſe pills, as their title expreſſes, are chiefly intended for the jaundice, which with the aſſiſtance of proper diet they will often cure. Five or ſix of them may be taken twice a day, as is neceſſary to keep the body open. It will be proper, however, during their uſe, to interpoſe now and then a vomit of ipecacuanha or tartar emetic.

Stomachic pills.

Take extract of gentian, two drams; powdered rhubarb, and vitriolated tartar, of each one dram; oil of mint, thirty drops; ſimple ſyrup, a ſufficient quantity.

Three

Three or four of theſe pills may be taken twice a-day, for invigorating the ſtomach, and keeping the body gently open.

Squill pills.

Take of dried ſquills, a dram and a half; gum ammoniac, and cardamom ſeeds, in powder, of each three drams; ſimple ſyrup a ſufficient quantity.

In dropſical and aſthmatic complaints, two or three of theſe pills may be taken twice a day, or oftener, if the ſtomach will bear them.

Strengthening pill.

Take ſoft extract of the bark, and ſalt of ſteel, each a dram. Make them into pills.

In diſorders ariſing from exceſſive debility, or relaxation of the ſolids, as the choloroſis, or green ſickneſs, two of theſe pills may be taken three times a day.

PLASTERS

Ought to be of a different conſiſtence, according to the purpoſes for which they are intended. Such as are to be applied to the breaſt or ſtomach ought to be ſoft and yielding; while thoſe deſigned for the limbs ſhould be firm and adheſive.

It has been ſuppoſed, that plaſters might be impregnated with the virtues of different vegetables, by boiling the recent vegetable with the oil employed for the compoſition of the plaſter; but this treatment does not communcate to the oils any valuable qualities.

The calces of lead boiled with oils unite with them into a plaſter of a proper conſiſtence, which makes the baſis of ſeveral other plaſters. In boiling theſe compoſitions, a quantity of hot water muſt be added from time to time to prevent the plaſter from burning or growing black. This, however, ſhould be done with care, leaſt it cauſe the matter to explode.

Common

Common plaſter.

Take of common olive oil, ſix pints; litharge, reduced to a fine powder, two pounds and a half. Boil the litharge and oil together over a gentle fire, continually ſtirring them, and keeping always about half a gallon of water in the veſſel; after they have boiled about three hours, a little of the plaſter may be taken out and put into cold water, to try if it be of a proper conſiſtence: when that is the caſe the whole may be ſuffered to cool, and the water well preſſed out of it with the hands.

This plaſter is generally applied in ſlight wounds and excoriations of the ſkin. It keeps the part ſoft and warm, and defends it from the air, which is all that is neceſſary in ſuch caſes. Its principal uſe, however, is to ſerve as a baſis for other plaſters.

Adheſive plaſter.

Take of common plaſter, half a pound; of Burgundy pitch, a quarter of a pound. Melt them together.

This plaſter is principally uſed for keeping on other dreſſings.

Anodyne plaſter.

Melt an ounce of the adheſive plaſter, and, when it is cooling, mix with it a dram of powdered opium, and the ſame quantity of camphor, previouſly rubbed up with a little oil.

This plaſter generally gives eaſe in acute pains eſpecially of the nevous kind.

Bliſtering plaſter.

Take of Venice turpentine, ſix ounces; yellow wax, two ounces; Spaniſh flies, in powder, three ounces; powdered muſtard, one ounce. Melt the wax, and while it is warm add to it the turpentine, taking care not to evaporate it by too much heat. After the turpentine and wax are ſufficiently incorporated, ſprinkle in the powder, continually ſtirring the maſs till it be cold.

Though

Though this plaſter is made in a variety of ways, one ſeldom meets with it of a proper conſiſtence. When compounded with oil and other greaſy ſubſtances, its effects are blunted, and it is apt to run; while pitch and reſin render it too hard and very inconvenient.

When the bliſtering plaſter is not at hand, its place may be ſupplied by mixing with any ſoft ointment a ſufficient quantity of powdered flies; or by forming them into a paſte with flour and vinegar.

Gum plaſter.

Take of common plaſter, four pounds; gum ammoniac, and galbanum, ſtrained, of each half a pound. Melt them together, and add, of Venice turpentine, ſix ounces.

This plaſter is uſed as a digeſtive, and alſo for diſcuſſing indulent tumours.

Mercurial plaſter.

Take of common plaſter, one pound; gum ammoniac, ſtrained, half a pound. Melt them together, and, when cooling, add eight ounces of quickſilver, previouſly extinguiſhed by being well mixed with three ounces of hog's lard.

This plaſter is recommended in pains of the limbs ariſing from a venereal cauſe. Indurations of the glands, and other violent tumours, are alſo found ſometimes to yield to it.

Stomach plaſter.

Take of gum plaſter, half a pound; comphorated oil, an ounce and a half; black pepper, or capſicum, where it can be had, one ounce. Melt the plaſter, and mix it with the oil; then ſprinkle in the pepper, previouſly reduced to a fine pounder.

An ounce or two of this plaſter, ſpread upon ſoft leather, and applied to the region of the ſtomach, will be of ſervice in flatulencies ariſing from hyſteric and hypochondriac affections. A little of the expreſſed oil

oil of mace, or a few drops of the eſſential oil of mint, may be rubbed upon it before it is applied.

This may ſupply the place of the Anti-hyſteric plaſter.

Warm plaſter.

Take of gum plaſter, one ounce; bliſtering plaſter, two drams. Melt them together over a gentle fire.

This plaſter is uſeful in the ſcitica and other fixed pains of the rheumatic kind: it ought, however, to be worn for ſome time, and renewed at leaſt once a week. If this is found to bliſter the part, which is ſometimes the caſe, it muſt be made with a ſmaller proportion of the bliſtering plaſter.

Wax plaſter.

Take of yellow wax, one pound; white reſin, half a pound; mutton ſuet, three quarters of a pound. Melt them together.

This is generally uſed inſtead of the Melilot plaſter. It is a proper application after bliſters, and in other caſes where a gentle digeſtive is neceſſary.

POWDERS.

This is one of the moſt ſimple forms in which medicine can be adminiſtered. Many medicinal ſubſtances, however, cannot be reduced into powder, and others are too diſagreeable to be taken in this form.

The lighter powders may be mixed in any agreeable thin liquor, as tea or water gruel. The more ponderous will require a more conſiſtent vehicle, as ſyrup, conſerve, jelly, or honey.

Gums, and other ſubſtances which are difficult to powder, ſhould be pounded along with the drier ones; but thoſe which are too dry, eſpecially aromatics, ought to be ſprinkled during their pulverization with a few drops of any proper water.

Aromatic powders are to be prepared only in ſmall quantities at a time, and kept in glaſs veſſels cloſely

ſtopped.

ſtopped. Indeed, no powders ought to be expoſed to the air or kept too long, otherwiſe their virtues will be in great meaſure deſtroyed.

Aſtringent powder.

Take of alum, and Japan earth, each two drams. Pound them together, and divide the whole into ten or twelve doſes.

In an immoderate flow of the menſes, or other hæmorrhages, one of theſe powders may be taken every hour, or every half hour, if the diſcharge be violent.

Powder of Bole.

Take of bole armenic, or French bole, two ounces; cinnamon, one ounce; tormentil root, and gum arabic, of each ſix darms; long pepper, one dram. Let all theſe ingredients be reduced into powder.

This warm, glutinous aſtringent powder is given in fluxes, and other diſorders where medicines of that claſs are neceſſary, in the doſe of a ſcruple, or half a dram.

If a dram of opium be added, it will make the Powder of Bole with Opium, which is a medicine of conſiderable efficacy. It may be taken in the ſame quantity as the former, but not above twice or thrice a day.

Carminative powder.

Take of coriander-ſeed, half an ounce; ginger, one dram; nutmeg, half a dram; fine ſugar, a dram and a half. Reduce them into powder for twelve doſes.

This powder is employed for expelling flatulencies ariſing from indigeſtion, particularly thoſe to which hyſteric and hypochondriac perſons are ſo liable. It may alſo be given in ſmall quantities to children in their food, when troubled with the gripes.

Diuretic powder.

Take of gum arabic, four ounces; purified nitre, one ounce. Pound them together, and divide the whole into twenty-four doſes. During

During the firſt ſtages of the venereal diſeaſe, one of theſe cooling powders may be taken three times a day, with conſiderable advantage.

Aromatic opening powder.

Take of the beſt Turkey rhubarb, cinnamon, and fine ſugar, each two drams. Let the ingredients be pounded, and afterwards mixed well together.

When flatulency is accompanied with coſtiveneſs, a tea-ſpoonful of this powder may be taken once or twice a day, according to circumſtances.

Saline laxative powder.

Take of ſoluble tartar, and cream of tartar, each one dram; purified nitre, half a dram. Make them into a powder.

In fevers, and other inflammatory diſorders, where it is neceſſary to keep the body a little open, one of theſe cooling laxative powders may be taken in a little gruel, and repeated occaſionally.

Steel powder.

Take filings of ſteel, and loaf-ſugar, of each two ounces; ginger, two drams. Pound them together.

In obſtructions of the menſes, and other caſes where ſteel is proper, a tea-ſpoonful of this powder may be taken twice or thrice a day, and waſhed down with a little wine or water.

Sudorific powder.

Take purified nitre, and vitriolated tartar, of each half an ounce; opium, and ipecacuanha, of each one dram. Mix the ingredients and reduce them to a fine powder.

This is generally known by the name of Dover's Powder. It is a powerful ſudorific. In obſtinate rhematiſms, and other caſes where it is neceſſary to excite a copious ſweat, this powder may be adminiſtered in the doſe of a ſcruple or half a dram. Some patients will require two ſcruples. It ought to be accompanied

accompanied with the plentiful uſe of ſome warm diluting liquor.

Worm powders.

Take of tin, reduced into a fine powder, an ounce; Æthiops mineral, two drams. Mix them well together, and divide them into ſix doſes.

One of theſe powders may be taken in a little ſyrup, honey, or treacle, twice a day. After they have been all uſed, the following anthelmintic purge may be proper.

Purging worm powder.

Take of powdered rhubarb, a ſcruple; ſcammony, and calomel, of each five grains. Rub them together in a mortar for one doſe.

For children the above doſe muſt be leſſened according to their age.

If the powder of tin be given alone, its doſe may be conſiderably increaſed. The late Dr. Alſton gave it to the amount of two ounces in three days, and ſays, when thus adminiſtered, that it proved an egregious anthelmintic. He purged his patients both before they took the powder and afterwards.

Powder for the Tape-worm.

Early in the morning the patient is to take in any liquid two or three drams, according to his age and conſtitution, of the root of the male fern reduced to a fine powder. About two hours afterwards he is to take of calomel, and reſin of ſcammony, each ten grains; gum gamboge, ſix grains. Theſe ingredients muſt be finely powdered and given in a little ſyrup, honey, treacle, or any thing that is moſt agreeable to the patient. He is then to walk gently about, now and then drinking a diſh of weak green tea, till the worm is paſſed. If the powder of fern produces nauſea, or ſickneſs, it may be removed by ſucking the juice of an orange or lemon.

This medicine, which has been long kept a ſecret abroad for the cure of the tape-worm, was ſome time

ago purchaſed by the French king, and made public for the benefit of mankind. Not having had an opportunity of trying it, we can ſay nothing from experience concerning its efficacy. It ſeems, however, from its ingredients, to be an active medicine, and ought to be taken with care. The doſe here preſcribed is ſufficient for the ſtrongeſt patient; it muſt, therefore, be reduced according to the age and conſtitution.

SYRUPS

Were ſome time ago looked upon as medicines of conſiderable value. They are at preſent, however, regarded chiefly as vehicles for medicines of greater efficacy, and are uſed for ſweetening draughts, juleps, or mixtures; and for reducing the lighter powders into boluſes, pills, and electuaries. As all theſe purpoſes may be anſwered by the ſimple ſyrup alone, there is little occaſion for any other; eſpecially as they are ſeldom found but in a ſtate of fermentation; and as the doſe of any medicine given in this form is very uncertain. Perſons who ſerve the public muſt keep whatever their cuſtomers call for; but to the private practitioner nine-tenths of the ſyrups uſually kept in the ſhops are unneceſſary.

Simple ſyrup,

Is made by diſſolving in water, either with or without heat, about double its weight of fine ſugar.

If twenty-five drops of laudanum, be added to an ounce of the ſimple ſyrup, it will ſupply the place of diacodium, or the ſyrup of poppies, and will be found a more ſafe and certain medicine.

The lubricating virtues of the ſyrup of marſhmallows may alſo be ſupplied, by adding to the common ſyrup a ſufficient quantity of mucilage of gum arabic.

Thoſe who chooſe to preſerve the juice of lemons in form of ſyrup, may diſſolve in it, by the heat of a warm

warm bath, nearly double its weight of fine ſugar. The juice ought to be previouſly ſtrained, and ſuffered to ſtand till it ſettles.

The ſyrup of ginger is ſometimes of uſe as a warm vehicle for giving medicine to perſons afflicted with flatulency. It may be made by infuſing two ounces of bruiſed ginger in two pints of boiling water for twenty-four hours. After the liquor has been ſtrained, and has ſtood to ſettle for ſome time, it may be poured off, and a little more than double its weight of fine powdered ſugar diſſolved in it.

TINCTURES, ELIXIRS, &c.

Rectified ſpirit is the direct menſtruum of the reſins and eſſential oils of vegetables, and totally extracts theſe active principles from ſundry ſubſtances, which yields them to water, either not at all, or only in part.

It diſſolves alſo thoſe parts of animal ſubſtances in which their peculiar ſmells and taſtes reſide. Hence the tinctures prepared with rectified ſpirits form an uſeful and elegant claſs of medicines, poſſeſſing many of the moſt eſſential virtues of ſimples, without being clogged with their inert or uſeleſs parts.

Water, however, being the proper menſtruum of the gummy, ſaline, and ſaccharine parts of medecinal ſubſtances, it will be neceſſary, in the preparation of ſeveral tinctures, to make uſe of a weak ſpirit, or a compoſition of rectified ſpirit and water.

Aromatic Tincture.

Infuſe two ounces of Jamaica pepper in two pints of brandy, without heat, for a few days; then ſtrain off the tincture.

This ſimple tincture will ſufficiently anſwer all the intentions of the more coſtly preparation of this kind. It is rather too hot to be taken by itſelf; but it is very proper for mixing with ſuch medicines as might other wiſe prove too cold for the ſtomach.

Compound

Compound tincture of the bark.

Take of Peruvian bark, two ounces; Seville orange peel, and cinnamon, of each half an ounce. Let the bark be powdered, and the other ingredients bruiſed: then infuſe the whole in a pint and a half of brandy, for five or ſix days in a cloſe veſſel; and afterwards ſtrain off the tincture.

This tincture is not only beneficial in intermitting fevers, but alſo in the ſlow, nervous, and putrid kinds eſpecially towards their decline.

The doſe is from one dram to three or four, every fifth or ſixth hour. It may be given in any ſuitable liquor, and occaſionally ſharpened with a few drops of the ſpirit of vitriol.

Volatile fœtid tincture.

Infuſe two ounces of aſafœtida in one pint of volatile aromatic ſpirit, for eight days, in a cloſe bottle, frequently ſhaking it; and then ſtrain the tincture.

This medicine is beneficial in hyſteric diſorders, eſpecially when attended with lowneſs of ſpirits, and faintings. A tea-ſpoonful of it may be taken in a glaſs of wine, or a cup of penny-royal tea.

Volatile tincture of gum Guaiacum.

Take of gum guaiacum, four ounces; volatile aromatic ſpirit, a pint. Infuſe without heat, in a veſſel well ſtopped, for a few days; then ſtrain off the tincture.

Or, infuſe two or three ounces of gum guaiacum in a bottle of rum or brandy. This is a good tincture for domeſtic uſe.

In rheumatic complaints, a tea-ſpoonful of this tincture may be taken in a cupful of the infuſion of water trefoil, twice or three a day.

Tincture of black Hellebore.

Infuſe two ounces of the root of black hellebore, bruiſed, in a pint of proof ſpirit, for ſeven or eight days;

days; then filter the tincture thro' paper. A ſcruple of cochineal may be infuſed along with the roots, to give the tincture a colour.

In obſtructions of the menſes, a tea-ſpoonful of this tincture may be taken in a tea-cupful of camomile or penny-royal tea twice a day.

Aſtringent tincture.

Digeſt two ounces of gum kino, in a pint and a half of brandy, for eight days; afterwards ſtrain it for uſe.

This tincture, though not generally known, is a good aſtringent medicine. With this view, an ounce, or more, of it may be taken three or four times a day.

Tincture of Myrrh and Aloes.

Take of gum myrrh, an ounce and a half; hepatic aloes, one ounce. Let them be reduced to powder, and infuſed in two pints of rectified ſpirits for ſix days, in a gentle heat; then ſtrain the tincture.

This is principally uſed by ſurgeons for cleanſing foul ulcers, and reſtraining the progreſs of gangrenes. It is alſo, by ſome, recommended as a proper application to green wounds.

Tincture of Opium, or liquid Laudanum.

Take of crude opium, two ounces; ſpirituous aromatic water, and mountain wine, of each ten ounces. Diſſolve the opium, ſliced, in wine, with a gentle heat, frequently ſtirring it; afterwards add the ſpirit, and ſtrain off the tincture.

As twenty-five drops of this tincture contain about a grain of opium, the common doſe may be from twenty to thirty drops.

Sacred Tincture, or tincture of Hiera Picra.

Take of ſuccotorine aloes, in powder, one ounce; Virginian ſnake root, and ginger, of each two drams. Infuſe in a pint of mountain wine, and half a pint of brandy,

brandy, for a week, frequently ſhaking the bottle, then ſtrain off the tincture.

This is a ſafe and gentle purge for perſons of a languid and phlegmatic habit; but is thought to have better effects, taken in ſmall doſes as a laxative.

The doſe, as a purge, is from one to two ounces.

Compound tincture of Senna.

Take of ſenna, one ounce; jalap, corriander-ſeeds, and cream of tartar, of each half an ounce. Infuſe them in a pint and a half of French brandy for a week; then ſtrain the tincture, and add to it four ounces of fine ſugar.

This is an agreeable purge, and anſwers all the purpoſes of the Elixir Salutis, and of Daffy's Elixir.

The doſe is from one to two or three ounces.

Tincture of Spaniſh flies.

Take of Spaniſh flies, reduced to a fine powder, two ounces; ſpirit of wine, one pint. Infuſe for two or three days; then ſtrain off the tincture.

This is intended as an acrid ſtimulant for external uſe. Parts affected with the palſy or chronic rheumatiſm may be frequently rubbed with it.

Tincture of the Balſam of Tolu.

Take of the balſam of Tolu, an ounce and a half; rectified ſpirit of wine, a pint. Infuſe in a gentle heat until the balſam is diſſolved; then ſtrain the tincture.

This tincture poſſeſſes all the virtues of the balſam. In coughs, and other complaints of the breaſt, a teaſpoonful or two of it may be taken in a bit of loaf-ſugar. But the beſt way of uſing it is in ſyrup. An ounce of the tincture, properly mixed with two pounds of ſimple ſyrup, will make what is commonly called the Balſamic Syrup.

Tincture of Rhubarb.

Take of rhubarb, two ounces and a half; leſſer cardamon

cardamon ſeeds, half an ounce; brandy, two pints. Digeſt for a week, and ſtrain the tincture.

Thoſe who chooſe to have a vinous tincture of rhubarb may infuſe the above ingredients in a bottle of Liſbon wine, adding to it about two ounces of proof ſpirits.

If half an ounce of gentian root, and a dram of Virginian ſnake-root be added to the above ingredients, it will make the bitter tincture of rhubarb.

All theſe tinctures are deſigned as ſtomachics and corroborants as well as purgatives. In weakneſs of the ſtomach, indigeſtion, laxity of the inteſtines, fluxes, cholicky and ſuch like complaints, they are frequently of great ſervice. The doſe is from half a ſpoonful to three or four ſpoonfuls or more, according to the circumſtances of the patient and the purpoſes it is intended to anſwer.

Paregoric Elixir.

Take of flowers of benzoin, half an ounce; opium, two drams. Infuſe in one pound of the volatile aromatic ſpirit, four or five days, frequently ſhaking the bottle; afterwards ſtrain the elixir.

This is an agreeable and ſafe way of adminiſtering opium. It eaſes pain, allays tickling coughs, relieves difficult breathing, and is uſeful in many diſorders of children, particularly the hooping cough.

The doſe to an adult is from fifty to an hundred drops.

Sacred Elixir.

Take of rhubarb cut ſmall, ten drams; ſuccotorine aloes, in powder, ſix drams; leſſer cardamon ſeeds, half an ounce; French brandy, two pints. Infuſe for two or three days, and then ſtrain the elixir.

This uſeful ſtomachic purge may be taken from one ounce to an ounce and a half.

Stomachic Elixir.

Take of gentian root, two ounces; Curaſſao oranges one ounce; Virginian ſnake-root, half an ounce. Let the

the ingredients be bruiſed, and infuſe for three or four days in two pints of French brandy; afterwards ſtrain out the elixir.

This is an excellent ſtomachic bitter. In flatulencies, indigeſtion, want of appetite, and ſuch like complaints, a ſmall glaſs of it may be taken twice a day. It alſo relieves the gout in the ſtomach, when taken in a large doſe.

Acid Elixir of Vitriol.

Take of the aromatic tincture, one pint; oil of vitriol, three ounces. Mix them gradually, and after the fæces have ſubſided, filter the elixir through paper, in a glaſs funnel.

This is an excellent medicine for hyſteric and hypochodriac patients, afflicted with flatulencies ariſing from relaxation or debility of the ſtomach and inteſtines. It will ſucceed where the moſt celebrated ſtomachic bitters have no effect. The doſe is from ten to forty drops, in a glaſs of wine, or water, or a cup of any bitter infuſion, twice a day. It ſhould be taken when the ſtomach is moſt empty

Camphorated ſpirit of wine.

Diſſolve an ounce of camphor in a pint of rectified ſpirits.

This ſolution is chiefly employed as an embrocation in bruiſes, palſies, the chronic rheumatiſm, and for preventing gangrenes.

The above quantity of camphor, diſſolved in half a pound of the volatile aromatic ſpirit, makes Ward's Eſſence.

Spirit of Mindererus.

Take of volatile ſal ammoniac, any quantity.—Pour on it, gradually, diſtilled vinegar, till the effervescence ceaſes.

This medicine is uſeful in promoting a diſcharge both by the ſkin and urinary paſſage. It is alſo a good external application in ſtrains and bruiſes.

When

When intended to raiſe a ſweat, half an ounce of it in a cup of warm guel may be given to the patient in bed every hour till it has the deſired effect.

VINEGAR

Is an acid produced from vinous liquors by a ſecond fermentation. It is an uſeful medicine both in inflammatory and putrid diſorders. Its effects are, to cool the blood, quench thirſt, counteract the tendency to putrefaction, and allay inordinate motions of the ſyſtem. It alſo promotes the natural ſecretions, and in ſome caſes excites a copious ſweat, where the warm medicines called alexipharmic, tend rather to prevent that ſalutary evacuation.

Weakneſs, faintings, vomitings, and other hyſteric affections, are often relieved by vinegar applied to the mouth and noſe, or received into the ſtomach. It is of excellent uſe alſo in correcting many poiſonous ſubſtances, when taken into the ſtomach; and in promoting their expulſion, by the different emunctories, when received into the blood.

Vinegar is not only an uſeful medicine, but ſerves likewiſe to extract, in tolerable perfection, the virtues of ſeveral other medicinal ſubſtances. Moſt of the odoriferous flowers impart to it their fragrance, together with a beautiful purpliſh or red colour. It alſo aſſiſts or coincides with the intention of ſquills, garlic, gum ammoniac, and ſeveral other valuable medicines.

Theſe effects, however, are not to be expected from every thing that is ſold under the name of vinegar, but from ſuch as is ſound and well prepared.

The beſt vinegars are thoſe prepared from French wines. It is neceſſary for ſome purpoſes that the vinegar be diſtilled; but as this operation requires a particular chemical apparatus, we ſhall not inſert it.

Vinegar of Litharge.

Take of litharge, half a pound; ſtrong vinegar,

two pints. Infuſe them together in a moderate heat for three days, frequently ſhaking the veſſel; then filter the liquor for uſe.

This medicine is little uſed, from a general notion of its being dangerous. There is reaſon, however, to believe, that the preparations of lead with vinegar are poſſeſſed of ſome valuable properties, and that they may be uſed in many caſes with ſafety and ſucceſs.

A preparation of a ſimilar nature with the above has of late been extolled by Goulard, a French ſurgeon, as a ſafe and extenſively uſeful medicine, which he calls the Extract of Saturn, and orders to be made in the following manner:—

Take of litharge, one pound; vinegar, made of French wine, two pints. Put them together in a glazed earthen pipkin, and let them boil, or rather ſimmer, for an hour, or an hour and a quarter, taking care to ſtir them all the time with a wooden ſpatula. After the whole has ſtood to ſettle, pour off the liquor which is upon the top into bottles for uſe.

With this extract Goulard makes his Vegeto-mineral water, (ſee Collyrium of Lead) which he recommends in a great variety of external diſorders, as inflammations, burns, bruiſes, ſprains, ulcers, &c.

He alſo prepares with it a number of other forms of medicine, as poultices, plaſters, ointments, powders, &c.

Vinegar of Roſes.

Take of red roſes, half a pound; ſtrong vinegar, half a gallon. Infuſe in a cloſe veſſel for ſeveral weeks, in a gentle heat; and then ſtrain off the liquor.

This is chiefly uſed as an embrocation for headachs, &c.

Vinegar of Squills.

Take of dried ſquills, two ounces; diſtilled vinegar, two pints. Infuſe ten days or a fortnight in a gentle degree of heat, afterwards ſtrain off the liquor, and

and add to it about a twelfth part its quantity of proof ſpirits.

This medicine has good effects in diſorders of the breaſt, occaſioned by a load of viſcid phlegm. It is alſo of uſe in hydropic caſes for promoting a diſcharge of urine.

The doſe is from two drams to two ounces, according to the intention for which it is given. When intended to act as a vomit, the doſe ought to be large. In other caſes, it muſt not only be exhibited in ſmall doſes, but alſo mixed with cinnamon water, or ſome other agreeable aromatic liquor, to prevent the nauſea it might otherwiſe occaſion.

WATERS BY INFUSION, &c.

Lime Water.

Pour two gallons of water gradually upon a pound of freſh burnt quicklime; and when the ebullition ceaſes, ſtir them well together; then ſuffer the whole to ſtand at reſt, that the lime may ſettle, and afterwards filter the liquor through paper, which is to be kept in veſſels cloſely ſtopt.

The lime-water from calcined oyſter-ſhells, is prepared in the ſame manner.

Lime-water is principally uſed for the gravel; in which caſe, from a pint or two or more of it may be drank daily. Externally it is uſed for waſhing foul ulcers, and removing the itch, and other diſeaſes of the ſkin.

Compound Lime Water.

Take ſhavings of guaiacum wood, half a pound; liquorice root, one ounce; ſaſſafras bark, half an ounce; corriander ſeeds, three drams; ſimple lime-water, ſix pints. Infuſe without heat for two days, and then ſtrain off of the liquor.

In the ſame manner may lime-water be impregnated with the virtues of other vegetable ſubſtances. Such impregnation not only renders the water more

agreeable to the palate, but alſo a more efficacious medicine, eſpecially in cutaneous diſorders and foulneſs of the blood and juices.

It may be taken in the ſame quantity as the ſimple water.

Sublimate Water.

Diſſolve eight grains of the corroſive ſublimate in a pint of cinnamon water.

If a ſtronger ſolution be wanted, a double or triple quantity of the ſublimate may be uſed.

The principal intention of this is to cleanſe foul ulcers, and conſume proud fleſh.

Stiptic Water.

Take of blue vitriol, and alum, each an ounce and a half; water, one pint. Boil them until the ſalts are diſſolved, then filter the liquor, and add to it a dram of the oil of vitriol.

This water is uſed for ſtopping a bleeding at the noſe, and other hæmorrhages; for which purpoſe cloths or doſſils dipt in it muſt be applied to the part.

Tar Water.

Pour a gallon of water on two pounds of Norway tar, and ſtir them ſtrongly together with a wooden rod; after they have ſtood to ſettle for two days, pour off the liquor for uſe.

Though tar-water falls greatly ſhort of the character which has been given of it, yet it poſſeſſes ſome medicinal virtues. It ſenſibly raiſes the pulſe, increaſes the ſecretions, and ſometimes opens the body or occaſions vomiting.

A pint of it may be drank daily, or more, if the ſtomach can bear it. It is generally ordered to be taken on an empty ſtomach, viz. four ounces morning and evening, and the ſame quantity about two hours after breakfaſt and dinner.

SIMPLE

SIMPLE DISTILLED WATERS

Were formerly kept in great numbers in the ſhops, and are ſtill retained in ſome Diſpenſatories. But we conſider them chiefly in the light of grateful diluents, ſuitable vehicles for medicines of greater efficacy, or for rendering diſguſtful ones more agreeable to the palate and ſtomach. We ſhall therefore inſert only a few of thoſe which are beſt adapted to theſe intentions.

The management of a ſtill being now generally underſtood, it is nedleſs to ſpend time in giving directions for that purpoſe.

Cinnamon Water.

Steep one pound of cinnamon bark, bruiſed, in ſix quarts of water, and a pint of brandy, for two days; and diſtil off one gallon.

This is an agreeable aromatic water, poſſeſſing in a high degree the fragrance and cordial virtues of the ſpice.

Pennyroyal Water.

Take of pennyroyal leaves, dried, a pound and an half; water, from ſix to eight quarts. Draw off by diſtillation one gallon.

This water poſſeſſes in a conſiderable degree, the ſmell, taſte, and virtues of the plant. It is given in mixtures and juleps to hyſteric patients.

An infuſion of the herb in boiling water anſwers nearly the ſame purpoſes.

Peppermint Water.

This is made in the ſame manner as the preceding.

Spearmint Water.

This may alſo be prepared in the ſame way as the pennyroyal water.

Both theſe are uſeful ſtomachic waters, and will ſometimes relieve vomiting, eſpecially when it proceeds

ceeds from indigeſtion, or cold viſcid phlegm. They are alſo uſeful in ſome colicky complaints, the gout in the ſtomach, &c. particularly the pepper mint water.

An infuſion of the freſh plant is frequently found to have the ſame effects as the diſtilled water.

Roſe Water.

Take of roſes, freſh gathered, ſix pounds; water, two gallons. Diſtil off one gallon.

This water is principally valued on account of its fine flavour.

Jamaica Pepper Water.

Take of Jamaica pepper, half a pound; water, a gallon and a half. Diſtil off one gallon.

This is a very elegant diſtilled water, and may in moſt caſes ſupply the place of the more coſtly ſpice waters.

SPIRITUOUS DISTILLED WATERS.

Spirituous Cinnamon Water.

Take of cinnamon bark, one pound; proof ſpirit, and common water, of each one gallon. Steep the cinnamon in the liquor for two days; then diſtil off one gallon.

Spirituous Jamaica Pepper Water.

Take of Jamaica pepper, half a pound; proof ſpirit, three gallons: water, two gallons. Diſtil off three gallons.

This is a ſufficiently agreeable cordial, and may ſupply the place of the Aromatic Water.

WHEYS.

Alum Whey.

Boil two drams of powdered alum in a pint of milk till it is curdled; and then ſtrain out the whey.

This whey is beneficial in an inordinate flow of the menſes,

menſes, and in a diabetes, or exceſſive diſcharge of urine.

The doſe is two, three, or four ounces, according as the ſtomach will bear it, three times a day. If it ſhould occaſion vomiting, it may be diluted.

Muſtard Whey.

Take milk and water, of each a pint; bruiſed muſtard ſeed, an ounce and a half. Boil them together till the curd is perfectly ſeparated, afterwards ſtrain the whey through a cloth.

This is the moſt elegant, and by no means the leaſt efficacious method of exhibiting muſtard. It warms and invigorates the habit, and promotes the different ſecretions. Hence, in the low ſtate of nervous fevers, it will often ſupply the place of wine. It is alſo of uſe in the chronic rheumatiſm, palſy, dropſy, &c. The addition of a little ſugar will render it more agreeable.

The doſe is a tea-cupful four or five times a day.

Scorbutic Whey.

This whey is made by boiling half a pint of the ſcorbutic juices in a quart of cow's milk. More benefit, however, is to expected from eating the plants, than from their expreſſed juices.

The ſcorbutic plants are, bitter oranges, brooklime, garden ſcurvy graſs, and water creſſes.

A number of other wheys are prepared nearly in the ſame manner, as orange whey, cream of tartar whey. &c. Theſe are cooling pleaſant drinks in fevers, and may be rendered cordial, when neceſſary, by the addition of wine.

WINES.

The effects of wine are, to raiſe the pulſe, promote perſpiration, warm the habit, and exhilarate the ſpirits. The red wines, beſides theſe effects, have an aſtringent quality, by which they ſtrengthen the tone

tone of the ſtomach and inteſtines, and by this means prove ſerviceable in reſtraining immoderate ſecretions.

The thin ſharp wines have a different tendency. They paſs off freely by the different emunctories, and gently open the body. The effects of the full-bodied wines are, however, much more durable than thoſe of the thinner.

All ſweet wines contain a glutinous ſubſtance, and do not paſs off freely. Hence they will heat the body more than an equal quantity of any other wine, though it ſhould contain fully as much ſpirit.

From the obvious quality of wine, it muſt appear to be an excellent cordial medicine. Indeed to ſay the truth, it is worth all the reſt put together.

But to anſwer this character, it muſt be ſound and good. No benefit is to be expected from the common traſh that is often ſold by the name of wine, without poſſeſſing one drop of the juice of the grape. Perhaps no medicine is more rarely obtained genuine than wine.

Wine is not only uſed as a medicine, but is alſo employed as a menſtruum for extracting the virtues of other medicinal ſubſtances; for which it is not ill adapted, being a compound of water, inflammable ſpirit, and acid; by which means it is enabled to act upon vegetable and animal ſubſtances, and alſo to diſſolve ſome bodies of the metalic kind, ſo as to impregnate itſelf with their virtues, as ſteel, antimony, &c.

Athelmintic Wine.

Take of rhubarb half an ounce; worm-ſeed, an ounce. Bruiſe them and infuſe, withour heat, in two pints of red port wine for a few days, then ſtrain off the wine.

As the ſtomachs of perſons afflicted with worms are always debilitated, red wine alone will often prove ſerviceable: it muſt, however, have ſtill better effects when joined with bitter and purgative ingredients, as in the above form.

A glaſs

A glaſs of this wine may be taken twice or thrice a day.

Antimonial Wine.

Take glaſs of antimony, reduced to fine powder, half an ounce; Liſbon wine, eight ounces. Digeſt, without heat, for three or four days, now and then ſhaking the bottle; afterwards filter the wine thro' paper.

The doſe of this wine varies according to the intention. As an alterative and diaphoretic, it may be taken from ten to fifty or ſixty drops. In a large doſe it generally proves cathartic, or excites vomiting.

Bitter Wine.

Take of gentian root, yellow rind of lemon peel, freſh, each one ounce; long pepper, two drams; mountain wine, two pints. Infuſe, without heat, for a week and ſtrain out the wine for uſe.

In complaints ariſing from weakneſs of the ſtomach, or indigeſtion, a glaſs of this wine may be taken an hour before dinner and ſupper.

Ipecacuanha Wine.

Take of ipecacuanha, in powder, one ounce; mountain wine, a pint. Infuſe three or four days; then filter the tincture.

This is a ſafe vomit, and anſwers extremely well for ſuch perſons as cannot ſwallow the powder, or whoſe ſtomachs are too irritable to bear it.

The doſe is from one ounce to an ounce and a half.

Chalybeate, or Steel Wine.

Take filings of iron, two ounces; cinnamon and mace, of each two drams; Rheniſh wine, two pints. Infuſe for three or four weeks, frequently ſhaking the bottle; then paſs it thro' a filter.

In obſtructions of the menſes, this preparation of iron may be taken, in the doſe of half a wine glaſs twice or thrice a day.

This medicine would probably be as good if made with Liſbon wine, ſharpened with half an ounce of the cream of tartar, or a ſmall quantity of the vitriolic acid.

Stomachic Wine.

Take of Peruvian bark, groſsly powdered, an ounce; cardamom ſeeds, bruiſed, and orange-peel, of each two drams. Infuſe in bottle of white port or Liſbon wine for five or ſix days; then ſtrain off the wine.

This wine is not only of ſervice in debility of the ſtomach and inteſtines, but may alſo be taken as a preventative by perſons liable to the intermittant fever, or who reſide in places where this diſeaſe prevails. It will be of uſe likewiſe to thoſe who recover ſlowly after fevers of any kind, as it aſſiſts digeſtion, and helps to reſtore the tone and vigour of the ſyſtem.

A glaſs of this wine may be taken two or three times a day.

THE

THE

BRITISH HERBAL.

INTRODUCTION.

IN the execution of this part of our work, we have conſulted general uſefulneſs;—it is not our deſign to enumerate or give a deſcription of every plant to be found in Herbals, but only ſuch as are of Britiſh growth, and of acknowledged medicinal virtue. And we preſume, that in purſuing this plan, we ſhall have the approbation of the generality of readers, who in a work of this kind, look more for information, than for curious, and unprofitable deſcription.

Upon the whole, we truſt that this part of our preſent work will not be found the leaſt valuable; many are the purpoſes to which the vegetable produce of Great Britain may be uſefully and advantageouſly employed;—theſe we have endeavoured to inveſtigate in the cleareſt and moſt conciſe manner; and we can at leaſt aſſure our readers, that by attending to our directions they will incur no riſque of injury, and that if the uſe of theſe ſimples ſhould prove inefficacious, they will at leaſt be found to be innocent.

ADDERS' TONGUE.

This little plant is common in meadows; and conſiſts of a ſingle leaf, with a little ſpike of ſeeds riſing from its bottom, which, from its ſuppoſed reſemblance to the tongue of an adder, gave the plant this name. The leaf is oval in ſhape, and the colour of a fine bright green; it is thick and fleſhy, and without ribs or veins. The ſtalk, which ſupports it, riſes from a root compoſed of ſmall fibres, and is ſeldom more than four inches high. The ſpike reaches nearly the

ſame height above it; and the tongue or ſeed-veſſel is notched on each ſide. The whole plant lies buried amongſt the graſs, and muſt be ſought in April and May, as it dies ſoon after that time and is no more ſeen till the next ſpring. It is a cooling herb; and an ointment is made from it which is ſaid to be uſeful for wounds and external inflammations. The leaves are to be chopped in pieces, and four pounds of them are to be put into three pounds of ſuet and one pint of oil, melted together. The whole is to be boiled till the herb is ſomewhat criſp, and then the ointment is to be ſtrained off; it will be of a beautiful green. Some give the juice of the plant, or the powder of the dried leaves inwardly, for internal wounds and bleedings; and an infuſion or decoction is ſaid to be uſeful for inflamed or watery eyes.

AGRIMONY is a common Engliſh plant; it flowers in the midſt of ſummer. It grows to a foot in height, more or leſs according to the ſoil. The leaves are winged, hairy, of a pale green, and notched at the edges, the flowers yellow; the root is perennial, the ſtalk is ſingle, round and ſtrong; the flowers ſtand in a long ſpike, and are ſmall but numerous; and the ſeed-veſſels by which they are ſucceeded are rough like furze. The plant is common at the ſides of hedges and near foot paths; if the root is taken up in May, it has an agreeable odoriferous ſmell. The leaves are uſed freſh or dry; they have been found by experience to be ſerviceable in the diabetes and incontinence of urine. The plant is alſo one of the celebrated vulnerary herbs, and an ingredient in the right Arquebuſade water.

BLACK ALDER is a little ſhrub; the ſhoots of which are brittle, ſlender, and covered with a brown bark; the leaves are nearly round, but terminating in a point; they are of a bright green, and veined. The berries are large and black, they ripen in autumn; the flowers by which they are preceded, are ſmall and inconſiderable, of a whitiſh colour, and

ſtanding

ſtanding on ſhort ſtalks. This ſhrub is frequent in moiſt woods; and the berries ſo nearly reſemble thoſe of buckthorn, that they are ſometimes mixed among them by ſuch as gather them for ſale; but this may be attended with ill conſequences. The only part of the black alder which is uſed in medicine, is the inner rind; this is yellow, and is a tolerable good purge; the beſt way to give it is in a decoction; to make which, two pounds of it muſt be boiled a quart of water, and at leaſt two drams of ginger and ſome carraway ſeeds ſhould be thrown in during the boiling. The quantity of the doſe muſt be proportioned to the ſtrength of the patient: it is recommened in the jaundice. In the North of England, they bruiſe the bark with vinegar, and uſe it outwardly for the itch, which it is ſaid to cure with ſafety.

ALE-HOOF, or GROUND IVY, is a plant univerſally known; it creeps about the hedges, and flowers in ſpring. The ſtalks are hollow and ſquare, and ſometimes exceed a foot in length; the leaves are moſtly round and notched at the edges: in ſpring they are uſually of a purpliſh colour, which changes to green as the ſummer advances; the flowers are blue, the leaves ſtand two at each joint, and the roots are fibrous. The whole plant has a peculiarly ſtrong, and not perfectly agreeable ſmell, its virtues are at height when it is in flower, and then it ſhould be gathered for uſe. This herb is recommended as an excellent vulnerary, either inwardly or outwardly uſed; a conſerve may be made of it in ſpring; or it may be given by way of tea, or infuſed in new ale. It is ſaid to be uſeful in all diſorders of the breaſt and lungs, and in thoſe of the kidnies, and to be a remedy againſt bloody and foul urine.

ALLHEAL, or Clowns' Allheal, is found in wet grounds, in different parts of England, having long hairy leaves, and little flowers. It grows a foot and a half high, but the ſtalk is weak, ſquare, and hairy: the leaves which are of a pale green, notched at the edges, and of a ſtrong ſmell, ſtand two at each joint,

and

and in cluſters round the ſtalk at the joints : they reſemble thoſe of the dead nettle, but are ſmaller; the root is perennial and creeping. This herb is ſaid to be good for wounds, but it muſt be uſed freſh. The leaves are directed to be bruiſed and laid upon a new made wound; and without any addition, are ſuppoſed to ſtop the bleeding and complete the cure, which might be as well effected without the application as with it.

COMMON AMONUM, is more commonly called, baſtard ſtone parſley. It is found about the hedges in different parts of England, and grows to three feet in height, but the ſtalk is ſlender and divides into many branches. The leaves which are of a bright green, appear winged, but are really compoſed of double rows of ſmaller, with an odd one at the end. Some large and very beautiful leaves grow immediately from the root; thoſe on the ſtalks are ſmaller. The flowers are in little umbels or cluſters, at the extremity of every branch. They are ſmall and white. Each flower is ſucceeded by two ſeeds; and theſe are indented, ſmall, and of an aromatic taſte; the plant is diſtinguiſhed at ſight from all the others of the ſame kind by the ſlenderneſs of its ſtalk and branches, and the ſmallneſs of the umbels; but, above all, by the peculiar taſte of the ſeeds, which have a flavour of mace. The root of this plant is ſaid to be good for diſeaſes of the urinary paſſages, and the ſeeds in diſorders of the ſtomach and bowels; and theſe alſo operate by urine. The quantity of a ſcruple given in the coiic, is ſaid in ſome caſes to prove an immediate cure; and it is a good ingredient in bitters.

ARTICHOKE—This plant is of the thiſtle kind; and its head, which is brought to our table, owes much of its bigneſs and fleſhineſs to cultivation. The leaves are large, divided in to many parts, and ſometimes they are prickly; the ſtem is ſtout and ribbed, and the head is formed of large ſcales; the flowers reſemble thoſe of the thiſtle, and the ſeeds are winged

winged with down. The freſh root, ſliced and boiled in water, in the proportion of eight ounces of the former to five half pints of latter, makes a decoction which operates by urine, and is ſaid to cure the jaundice.

The ASH is a tree common in our hedges and woods. The bark of the branches is grey, and the leaves are winged; the ſmall ones of which they are compoſed are oblong and dented. The flowers are of a whitiſh green, and come before the leaves; the ſeeds are what they call aſh keys; theſe ripen in September.

The bark of the young branches is good in obſtructions of the liver and ſpleen, and therefore is of great ſervice in dropſies, jaundice, and other complaints of that origin. It works by urine; the ſeeds have the ſame virtue, but in a leſs degree.

The ASPARAGUS plant is one whoſe root is uſeful in medicine, although a different of it part is eaten at the table. Its virtues are not unlike thoſe of the artichoke-root, but greater. The aſparagus is a wild plant in many parts of England about the ſea coaſts, and its root in this wild ſtate, is better than that of the cultivated plants, but its ſhoots have not that fine fleſhy fulneſs. The plant, when full grown, is three feet high, and very much branched; the leaves are fine, and of a pale green; the flowers are ſmall, and greeniſh, but the berries which ſucceed them are as big as peaſe, and red. The root is a powerful diuretic and is good in all obſtructions of the the viſcera. It has been known ſingly to perform cures in jauudice and dropſies. It is beſt given in decoction.

AVENS is a common wild plant, neglected but worthy of our notice. It grows about hedges, and riſes to fourteen inches high; the ſtalk is firm and ſlender, and is divided into ſeveral branches. The leaves are large and rough, the ſtalk alſo is hairy. The leaves that grow from the root are winged; they conſiſt of three pair of ſmall ones, and one much larger

larger at the end. Thoſe on the ſtalk are ſmaller, with fewer parts; but otherwiſe they are alike. The flowers are ſmall and yellow; they are ſucceeded by rough heads, as big as a horſe bean, compoſed of many ſeeds with hooked filaments. The root is longiſh and large, of a firm ſubſtance, reddiſh colour, and very fragrant and ſpicy ſmell; it is better than many drugs kept in the ſhops. It is a cordial and ſudorific. It is good in nervous complaints; and has cured intermittant fevers, where the bark has been unſucceſsful.

BALM is a plant common in our gardens. It grows to two feet in height, and the ſtalks are robuſt, ſquare, and hairy. The leaves are oblong, broad, pointed at the end, and dented about the edges, and they ſtand two at a joint: the flowers are ſmall and white, but they have large rough tops, which remain after they are fallen. They ſtand in circular cluſters round the ſtalk at the upper joints. The whole plant is of a fragrant ſmell. The root creeps and ſpreads abundantly. It flowers in July. Freſh balm is much better than dry, for it loſes its fragrancy in drying. The beſt way of taking it is as tea: it is good for diſorders of the head and ſtomach.

The BARBERRY BUSH is wild in ſome parts of England, and is very common in gardens; it grows to eight or ten feet high in an irregular manner, and much branched. The bark is whitiſh, and there are abundance of prickles about the branches. The leaves are of an oval figure, and a ſtrong green colour, and are indented about the edges. The flowers are ſmall and of a pale yellowiſh colour; the fruit is ſufficiently known; the berries are oblong, red, and of a ſour taſte. The branches are brittle, and under the pale outer rind there is another yellow and thicker. This is the part uſed in medicine; it is excellent in the jaundice and has often cured it ſingly. It is alſo good in all obſtructions. The beſt way of giving it is infuſed in boiling water.

BARLEY

The BARLEY uſed in medicine is the ſame with that of which bread is made, and which ſerves the brewer and diſtiller in their ſeveral capacities. It is known at ſight from wheat when growing, for it is not ſo tall, and the leaves are ſmaller and narrower. A long beard grows from each grain in the ear, and the ear is compoſed of two rows of them. We uſe this grain in two forms, the one called French barley, and the other pearl barley. The French barley is ſkinned and has the ends ground off; the pearl barley is reduced by a longer grinding to a little round white lump. Pearl barley makes the finer and more elegant barley water, but the French barley makes the beſt. It is excellent in heat of urine, and in all gravelly complaints; and is a good drink in moſt acute diſeaſes, where diluting is required: it is alſo in ſome degree nouriſhing.

BAREN-WORT is a ſingular and very pretty plant, a native of England, but not common. It grows in woods, and has beautiful purple and yellow flowers. It is a foot high. The leaves are oval and heart faſhioned, deeply indented at the edges, and of a duſky green. The ſtalks which produce the flowers are weak, brittle, and generally crooked; the flowers ſtand in a kind of very looſe ſpike, ten or a dozen upon the top; they are ſmall but very regular and conſpicuous; they are purple on the back with a red edge, and yellow in the middle. The root is fibrous and creeping. It was the opinion of the old writers, that this plant produced no flowers; but the occaſion is eaſily known. When it ſtands expoſed to the ſun, it ſeldom flowers; as we ſee in gardens, where it is planted in ſuch ſituations, for it will ſtand many years without flowering; but our woods favour it, being dark and damp: the old people ſaw it in warmer climates, and under an unfavourable expoſure. They call it from this circumſtance, as well as from its virtues, by a name which expreſſed being barren and fruitleſs. People in the north of England give milk in which the roots have been boiled, to the females of

the domeſtic animals when they are running after the males, and they ſay it has the certain effect of ſtopping the natural emotions. Plain ſenſe leads this ſort of people to many things. They have from this been taught to give it to young women of robuſt habits ſubject to violent hyſteric complaint, and, it is aſſerted, with great ſucceſs; they give the decoction of the root made ſtrong and weetened. It was a coarſe alluſion that led them to the practice, but it ſucceeds in caſes that foil all the parade of common practice. It is ſaid, that if they take it in too large a quantity, it renders them ſtupid for ſome hours, but no ill conſequence has attended this.

BASIL is a ſmall herb, a native of warmer countries, but not uncommon in our gardens; it is buſhy and branched, the ſtalks are ſquare, and the leaves ſtand two at each joint. They are broad and ſhort, and ſomewhat indented at the edges. The flowers are ſmall and white, and are in ſhape like thoſe of the dead nettle; they ſtand on the upper parts of the branches in looſe ſpikes. The whole plant has a fragrant ſmell. Baſil is little uſed, but it deſerves to be much more. A tea made of the green plant is excellent againſt all obſtructions. No ſimple is more effectual for gently promoting the menſes, and for removing thoſe complaints which naturally attend their ſtoppage. There are two or three other kinds of baſil, but they have not equal virtue.

The BEAN is ſufficiently known, as it is common in fields and gardens. It grows to a yard high, its ſtalks are angular, and the leaves, which are of the winged kind, ſtand one at each joint; the flowers are white ſpotted with black, and are finely ſcented. The pods and their ſeeds need not be deſcribed. It has been cuſtomary to diſtil a water from bean flowers, and uſe it to ſoften the ſkin. but common diſtilled water does as well. It is otherwiſe with the water of the bean pods. Theſe are to be bruiſed, when the beans are half ripe in them, and diſtilled with water, in a common Alembic. The water a very

gentle

gentle carminative, without any heat or acidneſs: this is excellent for children's gripes.

BEAR'S FOOT is a low and ſingular plant, but not without its beauty. It is a native of many parts of Europe, but we have it only in gardens, The leaves are large; each riſes from the root ſingly, on a foot ſtalk of ſix inches long, and is divided into nine parts like fingers on a hand: ſometimes the diviſions are fewer. The flowers are very large and beautiful; they are as big as a common ſingle roſe, or nearly ſo; they are white, reddiſh, or greeniſh, according to the time of their having been open; and they ſtand each on a ſingle ſtalk, which riſes from the root, and has no leaves on it. It flowers in January. The root is an excellent purge, it works briſkly, but ſafely; it deſtroys worms, and is good in dropſies, jaundice, and many other diſeaſes, and even in madneſs. But it is neceſſary to keep it in one's own garden, for, if the root be bought, they commonly ſell them of the green flowered, wild, or baſtard hellebore in its place, which is a rough medicine.

BEET is a common garden plant, and eaten at our tables; but theſe often afford medicines as well as food. The white beet, which is the medicinal kind, grows to three or four feet high. The ſtalk is robuſt and ſtrong; the leaves are broad and undulated; the flowers are inconſiderable; they are of a greeniſh white colour; the root is large and long. The juice of freſh beet root is an excellent remedy for the head-ach, and tooth-ach, when the whole jaw is affected; it is to be ſnuffed up the noſe to promote ſneezing. The red beet root is good for the ſame purpoſe, but it is not ſo ſtrong as the white.

WOOD BETONY is a common wild herb, but of very great virtue. It is frequent in our woods, and among buſhes, and flowers in June. The ſtalks are almoſt naked, and a foot high, and the flowers are purple. Many leaves grow from the ſame root; they have long ſtalks, and are broad, above an inch long, of a blackiſh green colour and hairy, blunt at the point

point, and indented about the edges. The ſtalks are ſquare, of a dark colour, hairy, and not very ſtrong. The leaves on them are very few, and very diſtant; but they ſtand two at a joint, and are like the others. The flowers ſtand at the tops in form of a kind of thick ſhort ſpike; they are ſmall and purple, and of the ſhape of the flowers of mint. Betony is to be gathered when juſt going to flower. It is excellent for diſorders of the head, and for all nervous complaints. The habitual uſe of it will cure the moſt inveterate head-achs. It may be taken as tea, or dried and powdered. Some mix it with tobacco, and ſmoke it, but this is a more uncertain method. There is a tall plant with ſmall purple flowers growing by waters; thence, and from the ſhape of the leaves, called water betony; but it has none of the virtues of this plant; it is a kind of fig-wort, and poſſeſſes the virtues of that plant, but in an inferior degree.

The BILLBERRY Buſh is a little tough ſhrubby plant, common in our boggy woods, and upon wet heaths. The ſtalks are tough, angular, and green; the leaves are ſmall; they ſtand ſingly, not in pairs, and are broad, ſhort, and indented about the egdes. The flowers are ſmall but pretty, their colour is a faint red, and they are hollow like a cup. The berries are as large as the biggeſt pea, of a blackiſh colour, and of a pleaſant taſte. A ſyrup made of the juice of billberries, when not over ripe, is cooling and binding; it is a pleaſant and gentle medicine for women whoſe menſes are apt to be too redundant, when taken for a week before the time.

The BIRCH Tree is tall and handſome, and common is our woods and hedges. The bark is ſmooth and white. The young ſhoots are reddiſh, and they are ſmall and long. The leaves are beautiful; they are ſhort, roundiſh, of a fine bright green, and notched about the edges. The flowers are inconſiderable; the fruit is a little ſcaly, globule, preceding the leaves in ſpring. The juice of the birch tree, procured by boring a hole in it in ſpring, is diuretic, and good againſt

againſt the ſcurvy. The leaves, freſh gathered and boiled in water, afford a decoction, which acts in the ſame manner, aud is good in dropſies; and in all cutaneous diſorders, outwardly applied.

BLOOD-WORT is a beautiful kind of dock, kept in gardens, and wild in ſome places. It grows to four feet high; the ſtalks are firm, ſtiff, upright, branched, and ſtriated. The leaves are very long and narrow, broadeſt at the baſe, and ſmaller all the way to the end. They are not at all indented at the edges, and they ſtand upon long foot ſtalks; their colour is a deep green, but they are in different degrees ſtained with a beautiful blood red; ſometimes the ribs only are red, ſometimes there are long veins of red irregularly ſpread over the whole leaf; ſometimes they are very broad, and in ſome plants the whole leaves and ſtalks alſo are of a blood colour; the flowers are ſmall and very numerous. They in all reſpects reſemble thoſe of the common docks. The root is long and thick, and of a blood red colour. The roots are uſed; they are beſt dry, and they may be given in decoction, or in powder; they are powerfully aſtringent; they ſtop bloody fluxes, ſpitting of blood, and the overflowings of the menſes. It is alſo good againſt violent purgings and againſt the whites.

The BRAMBLE is the moſt common buſh in our hedges. The ſtalks are woody, angulated, and of a purpliſh colour; and they are armed with crooked ſpines; the leaves are rough, indented, and either five or three on a ſtalk. The flowers are white, with a very faint tinge of purpliſh, and the fruit is compoſed of a number of ſmall grains. The moſt neglected things have their uſe. The buds of the bramble leaves boiled in ſpring water, and the decoction ſweetened with honey, are excellent for a ſore throat. A ſyrup made of the juice of the unripe fruit, with very fine ſugar, is cooling and aſtringent. It is good in immoderate fluxes of the menſes, and even in purgings. The berries are to be gathered for this purpoſe when they are red.

The

The BLUE-BOTTLE is a very pretty weed, and common among corn; the leaves are narrow, and of a whitiſh green; the flowers are of a very beautiful blue, and large. The plant is about a foot high, and when in flower, makes a conſpicuous and elegant appearance. The root is hard and fibrous; the ſtalk is very firm, white, angulated, and branched. The leaves that grow from the root have ſome notches on the edges; thoſe on the ſtalk have none, and they are narrow like blades of graſs; the flowers ſtand only on the tops of the branches, and they grow on ſcaly heads. The ſeeds are beautiful, hard, white, and ſhining. The leaves which grow on the ſtalks of the blue bottle, freſh gathered and bruiſed, will ſtop the bleeding of a freſh wound, even if a large veſſel be cut. They are not ſufficiently known for this purpoſe, but they excel all other things; and may ſave a life where a ſurgeon is not to be had in time for ſuch an accident. A diſtilled water of the flowers uſed to be kept in the ſhops, but it was of no value. An infuſion of them works gently by urine. There is a large kind of this plant in gardens, which is called a vulnerary or wound herb. But it is not ſo good as this.

BROOKLIME is a common wild herb frequent about ſhallow waters, with a thick ſtalk, roundiſh leaves, and ſpikes of little bright blue flowers. It grows to a foot high. The ſtalk is round, fleſhy, and large, yet it grows not very upright; it ſtrikes root at the lower joints. The leaves are broad, oblong, blunt at the end, and a little indented at the edges. The flowers ſtand ſingly on ſhort foot ſtalks one over another, ſo that they form a kind of looſe ſpike; the roots are fibrous. Brooklime has great virtues, but muſt be uſed freſh gathered for they are all loſt in drying. The juice in ſpring is very good againſt the ſcurvy; but it muſt be taken for ſome time. It works gently by urine, but its great virtue is in ſweetening the blood.

BROOM is a naked looking ſhrub, very common on

on waſte grounds, and bears yellow flowers in May. It grows to two or three feet high. The ſtalks are very tough, angular, and green; the leaves are few, and very ſmall; they grow three together, and ſtand at diſtances on the long and ſlender ſtalks; the flowers are numerous, they are ſhaped like the pea bloſſom, and are of a beautiful bright yellow; the pods are flat and hairy. The green ſtalks of broom, infuſed in ale or beer for the common drink, operate by urine, and remove obſtructions of the liver and other parts; they are famous in the dropſy and jaundice. It is a common practice to burn them to aſhes, and infuſe thoſe aſhes in white wine; thus the fixed ſalt is extracted, and the wine becomes a kind of lee. This alſo works by urine more powerfully than the other, but the other is preferable for removing obſtructions.

BURDOCK is a moſt valuable plant. Providence has made ſome of the moſt uſeful plants the moſt common, but becauſe they are ſo, we fooliſhly neglect them. It is hardly neceſſary to deſcribe the common burdock. It may be enough to ſay, that it grows a yard high, and has vaſt leaves of a figure approaching to triangular, and of a whitiſh green colour; the ſtalks are round, ſtriated, and very tough; the flowers are ſmall and red, and they grow among the hooked prickles of thoſe heads which we call burs, and which ſtick to our clothes. Even this ſeems a proviſion of nature in kindneſs to us. In pulling off theſe we ſcatter the ſeeds of which they are compoſed, and give riſe to a moſt uſeful plant in a new place. The root of the burdock is long and thick, brown on the outſide, and whitiſh within; this is the part uſed in medicine, and it is of very great virtues. It is to be boiled, or infuſed in water; the virtue is diuretic, and is very powerfully ſo. It has cured dropſies alone. The ſeeds have the ſame virtue, but in a leſs degree. The root is ſaid to be ſudorific and good in fevers; but its virtue in operating by urine is its great value.

CALAMINT is a common wild plant of great virtues,

virtues, but too much neglected. It is frequent in our hedges, and in dry places, and is a very robuſt herb. It is eight or ten inches high, and has roundiſh dark green leaves, and white flowers, the ſtalks are ſquare, and very much branched; the leaves are of the bigneſs of a man's thumb-nail, ſomewhat hairy, and ſlightly indented about the edges; the flowers ſtand in little cluſters ſurrounding the ſtalks, and are of a whitiſh colour, a little tinged with purpliſh; the root is compoſed of a few fibres. Calamint ſhould be gathered when juſt coming into flower, and carefully dried; it is afterwards to be given in the manner of tea, and it will do great ſervice in weakneſſes of the ſtomach, and in habitual colics. Effectual and laſting cures have been performed by it.

CAMOMILE is a low plant, of a beautiful green, a fragrant ſmell, and with flowers not unlike daiſies. It is frequent in damp heaths, and gets no good by being brought into gardens. It grows larger there, but has leſs efficacy. In its wild ſtate it ſpreads its branches upon the ground, taking root at the joints. The ſtalks are round, green, and thick; the leaves are very finely divided, and of a dark blackiſh green colour. The flowers grow upon long foot-ſtalks, and are white at the edge, and yellow in the middle: the flowers are moſt uſed. Thoſe which are raiſed for ſale are double, and they have very little virtue in compariſon of the ſingle ones. They are to be taken in tea, which is a pleaſant bitter; or in powder they are excellent for diſorders of the ſtomach, and have ſometimes cured agues, as many other bitters will. The tea made of them is alſo good againſt the colic, and works by urine.

The CARAWAY Plant is of the unbelliferous kind, frequent in moſt parts of Europe, but cultivated in Germany for the ſake of the ſeeds. It is very common in Lincolnſhire. It grows to a yard high; the ſtalks are ſtriated and firm; the leaves are finely divided; the flowers are white and ſmall; they grow in tufts, or umbels, on the tops of the branches; the ſeeds that

that follow them are well known. The ſeeds are excellent in the colic, and in diſorders of the ſtomach; they are beſt chewed.

The WILD CARROT is a plant common about our hedges, and in dry paſtures. It grows near a yard high, has ſmall flowers, after them rough ſeeds diſpoſed in umbels, at the tops of the branches, theſe are hollow, and thence called by the children birds' neſts. The ſtalks are ſtriated and firm, the leaves are divided into fine and numerous partitions, are of a pale green and hairy; and the flowers are white. The ſeed is the part uſed in medicine, and it is very diuretic; it is excellent in all diſorders of the gravel and ſtone, and all obſtructions of urine; it is alſo good in ſtoppages of the menſes.

CATMINT is a common wild plant about our hedges, but of great virtues; it grows to a yard, high has broad leaves, and whitiſh flowers like mint. The ſtalks are ſquare, whitiſh, hairy, and erect: the leaves ſtand two at a joint: they are broadeſt at the baſe, and terminate in an obtuſe end; they are a little indented at the edges, of a whitiſh green on the upper ſide, and very white underneath. The flowers are ſmall and white; and they grow in a kind of ſpiked cluſters, ſurrounding the ſtalk at certain diſtances. The whole plant has a ſtrong and not very agreeable ſmell. Catmint ſhould be gathered, juſt when the flowers are opening, and dried. It is an excellent women's medicine: an infuſion of it is good againſt hyſteric complaints, vapours, and fits, and it moderately promotes the menſes, it is alſo good to promote the evacuations after delivery

GREAT CELANDINE is a wild plant with large and yellow flowers: which, when broken in any part, ſtalk or leaves, emit a yellow juice. It grows three feet high, but the ſtalks are not very robuſt; they are green, round, and naked, with their joints. The leaves ſtand two at each joint; they are large, long, and deeply divided at each at the edges, and are of a yellowiſh green. The flowers are ſmall,

but of a beautiful yellow, and they ſtand on long foot ſtalks, ſeveral together. Celandine ſhould be uſed freſh, for it loſes the greateſt part of its virtue in drying. The juice the beſt way of giving it. This is an excellent medicine in the jaundice; it is alſo good againſt all obſtructions of the viſcera, and if continued in a time, will do great ſervice againſt the ſcurvy. The juice is alſo uſed ſucceſsfully for ſore eyes.

The BLACK CHERRY Tree is tall, and well ſhaped. The leaves are broad, roundiſh, ſharp at the point, and indented round the edges. The flowers are white, and the fruit is well known. The medicinal part of this is the kernel within the ſtone. This has been ſuppoſed good againſt apoplexies, palſies, and all nervous diſeaſes. The water diſtilled from it, was for this reaſon in conſtant uſe as a remedy for children's fits But a better practice has now obtained. It is highly probable that this water occaſioned the diſorders it was given to remove. Laurel water, when made of great ſtrength, we know to be a ſudden poiſon; when weak, it taſtes like black cherry water, and is not mortal: in the ſame manner black cherry water, which uſed to be given to children when weak drawn, has been found to be poiſonous when of great ſtrength. There is, therefore, the greateſt reaſon imaginable to ſuppoſe that in any degree of ſtrength, it may do miſchief. Very probable thouſands of children have died by this unſuſpected medicine. The gum which hangs upon the branches of cherry trees, is of the ſame nature with the gum arabic, and may be uſed for the ſame purpoſes, as in heat of urine, diſſolved in barley water.

The CHESNUT Tree is tall, ſpreading, and beautiful. The bark is ſmooth and grey; the leaves are long and moderately broad, deep and beautifully indented round the edges, and of a fine ſtrong green. The flowers are a kind of catkins, like willows, long and ſlender, and of a yellowiſh colour; the fruits are covered with a rough prickly ſhell, and under that,

each

each particular chefnut, has its firm brown coat, and a thin ſkin, of an auſtere taſte, over the kernel. This ſkin is the part uſed in medicine, it is to be ſeparated from the chefnut, not too ripe, and dried: it is a very fine aſtringent; it ſtops purgings and overflowings of the menſes.

CHICK WEED is the commoneſt of all weeds, but not without its virtues. The right ſort to uſe in medicine (for there are ſeveral) is that which grows ſo common in our garden beds; it is low and branched. The ſtalks are round, green, weak, and divided; they commonly lean on the ground. The leaves are ſhort and broad, of a pleaſant green, not indented, but pointed at the edges; theſe grow two at every joint. The flowers are white and ſmall. The whole plant cut to pieces, and boiled in lard till it is criſp, converts the lard into a fine green cooling ointment. The juice taken inwardly, is good againſt the ſcurvy.

CINQUE FOIL is a wild plant that creeps about way ſides, and in old paſtures and other undiſturbed places; the ſtalks are round, ſmooth, and commonly of a reddiſh colour, they lie upon the ground, taking root at the joints, the leaves ſtand on long foot ſtalks, five on a ſtalk; theſe are about an inch long but narrow, of a deep duſky green colour, and ſomewhat indented at the edges; the flowers are alſo ſupported by long foot-ſtalks; they are yellow and about the ſize of a ſhilling, and the colour extremely bright and pleaſing; it has a large and long root covered with a brown bark but white within. In medicine, the only part uſed, is the bark of the root; it ſhould be dug up in April, taken off and dried. Being reduced to powder, it is given as a remedy for all kinds of fluxes; ſtops purgings and the overflowings of the female diſcharges, and that more effectually than moſt other medicines.

CLEAVERS or CLIVERS is to be found in almoſt every hedge, and is univerſally known by ſticking to people's cloaths as they touch it; the ſtalks

are

are ſquare and very rough, runs two feet long, but are ſo weak, brittle, and unable to ſupport themſelves, that they climb among buſhes and other plants; the leaves are long and narrow, of a pale green, growing ſeveral at every joint, and ſurrounding the ſtalk in the manner of a ſpur rowel; the leaves are rough as the ſtalk, ſticking to every thing they touch; the flowers are ſmall and white; the ſeeds grow two together, are round, and reſemble the reſt of the plant in roughneſs; the root is fibrous. The juice of the freſh herb is ſaid to operate by urine, in cooling the body, and to be good againſt the ſcurvy and other external diſorders; it was formerly eſteemed a cure for the king's evil; but it has been long known to be inefficacious in the removol of that inveterate diſeaſe.

The CLOVE JULY FLOWER is very beautiful, and generally to be found in moſt gardens. It obtained its name from its aromatic ſmell, which reſembles the clove ſpice, and from its flowering in the month of July. This carnation is only of one colour, a deep and fine crimſon or purple. The plant grows to the height of two feet; the leaves, like other pinks and carnations, are graſsy; the ſtalks round and jointed; the flowers grow at the extremities of the branches, and the colour of the whole plant is a bluiſh green. The flowers are eſteemed cordial, and ſerviceable in diſorders of the head; they are dried and taken in powder, or in the form of tea, but the beſt preparation is the ſyrup. This is made by pouring five half pints of boiling water upon one pound and a half of the flowers, picked from the huſks, and with the white parts cut off, after they have infuſed twelve hours, ſtraining off the clear liquor, without preſſing the flowers and diſſolving in it five pounds of the fineſt ſugar; this makes a moſt elegant and agreeable ſyrup.

COLT'S FOOT. Many virtues are attributed to this common wild herb. It is ſo different in its ſpring and ſummer ſtate, that it is ſcarce to be known for the

the ſame plant; the flowers appear early in ſpring, without the leaves, growing on ſtalks about ſix or eight inches high; theſe ſtalks are round, juicy, and of a reddiſh colour, and bear a kind of films inſtead of leaves: the flowers grow ſingly at the tops of the ſtalks, are yellowiſh and about the ſize of thoſe of dandelion, which they very m ch reſemble. After the flowers are withered, the leaves ariſe, and are as broad as a man's hand, round, and ſupported on thick hollow ſtalks; they are green on the upper ſurface, and white and ſomewhat downy beneath; the flowers are not regarded, the leaves only are uſed. In coughs, conſumption, and ſhortneſs of breath, this herb is recommended: a ſyrup made from the juice, or a ſtrong decoction, ſweetened with honey, are the preparations in which the greater part of its virtues are contained.

The CORN MARYGOLD is conſpicuous among the many beautiful plants in corn fields; it has large blackiſh leaves, and bears flowers reſembling marygolds. It riſes to two feet high, and has numerous ſtalks, which are round, ſtrong, tolerably upright, and much branched; the leaves are long, of great breadth, and of a dark green; they are narrow at the baſe, grow larger towards the end, and are deeply indented at the edges; they are not placed on the ſtalks in any regular form. The flowers are nearly as broad as a half crown piece, and are of very pleaſing yellow colour, with a cluſter of threads in the middle; the root is compoſed of a number of fibres. When the flowers are freſh gathered, and juſt blown, they contain moſt virtue; and are recommended to remove all obſtructions, and operate chiefly by urine; an infuſion of theſe flowers given in the quantity of half a pint warm three times a day, is ſaid to have cured a jaundice, without any other medicine. The dried herb poſſeſſes the ſame virtue, but in a much leſs degree.

COWSLIP. In the meadows, in moſt parts of England, this pleaſing plant grows ſpontaneous; the leaves

leaves are broad, of an oblong ſhape, indented, rough, and of a light green colour, inclining to white; the ſtalks are round, erect, ſtrong, thick, and covered with down; they riſe from ſix to eight inches high, and are deſtitute of leaves. At the top of each is a cluſter of beautiful pale yellow flowers, each upon a ſeparate footſtalk, and in a diſtinct cup. The flowers are uſed in medicine, and were formerly celebrated as ſpecifics againſt apoplexies, palſies and other ſudden and violent ſeizures; at preſent, however, little confidence is placed in them, and the principal virtue attributed to them is, that given in tea, or preſerved in form of a conſerve, they have a diſpoſition to promote ſleep.

The CRAB TREE. This beautiful tree is found commonly in hedges, where it arrives at conſiderable magnitude; the trunk is uneven, the bark rough, and of a dark colour, and the branches full of knots. The wood is hard; the leaves are broad and ſhort; the flowers are large, and at their firſt opening are of a rich and delicate purple. The virtues of verjuice, which is made from the crab, are well known. It ſucceeds better than moſt other applications, in removing complaints which ariſe from the falling down of the uvula, and is alſo good againſt ſore throats, and in all diſorders of the mouth; externally applied, it is excellent in making poultices for ſtiff joints, and mixed with water it is uſed in all caſes of ſtrains or bruiſes.

GARDEN CRESS. A plant ſo univerſally uſed in ſallads, muſt be well known. In a rich ſoil, it grows two feet high; the ſtalk is round, ſtrong, and of a bluiſh green; the leaves are divided into many different parts; and the flowers are very ſmall, and perfectly white; the leaves riſing immediately from the root only, are eaten at table; theſe are large, finely divided, of a fine lively green, and ſharp; taken in conſiderable quantities, they are a remedy for the ſcurvy; the ſeeds remove obſtructions.

WATER

WATER CRESS. This plant is found in ſhallow rivers and ditches, in every part of Great Britain. It ſometimes grows to the height of a foot; the ſtalks are round, thick, (but in general bent and crooked) of a light green, and much branched; the leaves are alſo of a lively green, divided like wings, and obtuſe at the extremities; the flowers are ſmall and white, and grow in a kind of ſpike at the top of the ſtalks. The leaves and early ſhoots are uſed; they may either be eaten in the manner of the garden creſs, in which way they are altogether as pleaſant, or they may be boiled, and are then excellent againſt the ſcurvy; the juice expreſſed from them poſſeſſes the ſame virtues, and operates powerfully by urine, removing obſtructions.

WART CRESSES, or SWINES CRESSES. A ſmall wild plant which grows commonly about the fields and gardens, ſpreading upon the ground; the ſtalks are five or ſix inches long, ſtrong, and ſtout, but uſually lying flat on the earth; they are very much branched, and full of leaves; thoſe leaves which riſe immediately from the root, are long and deeply divided, and thoſe on the ſtalks only differ from them in being ſmaller; they are of a deep ſhining green colour, and perfectly free from any hairineſs; the flowers are ſmall and white, and ſtand at the extremities of the branches, and between the leaves; the ſeed veſſels are ſmall, and covered with a rough coat. This is ſaid to be an admirable diuretic, equally ſafe and powerful; it is one of the ingredients of which Mrs. Stephen's medicine is compoſed: the juice is preſcribed for the jaundice, againſt all inward obſtructions, and the ſcurvy; the leaves may either be eaten as ſallad, or dried and given in decoction.

The CUCUMBER PLANT. This plant is ſo well known as to require little deſcription; the ſtalks are a yard or two in length, thick, but ſpreading upon the ground, angular and hairy; the leaves are broad and of a handſome appearance, deeply indented, very rough, and of a full green colour with a bluiſh caſt; the

the flowers are large and yellow; the fruit long and thick; the ſeeds are only uſed in medicine, and to have theſe in perfection, the fruit ſhould be ſuffered to remain on the plant till they are very ripe, before they are gathered. The ſeeds are cooling and diuretic, and are uſeful in ſtranguries, and all diſorders of the urinary paſſages; they are beſt adminiſtered beaten up into an emulſion with barley water.

The BLACK CURRANT. This ſhrub is univerſally known, and to be found in every garden; it ſometimes grows four or five feet high, the branches are weak, and the bark is ſmooth; the leaves are larger and ſmoother than the red and white currant, being greeniſh and hollow; the fruit is a large round berry, black, and of a taſte rather diſagreeable to ſome palates: it grows in bunches like other currants, but more diſtant on the ſtalks. The juice of black currants, boiled with ſugar to a jelly, is an excellent remedy againſt ſore throats, or it may be brought to ſuch a conſiſtence, without ſugar, as to make an admirable lozenge; the jelly of black currants, with a mixture of warm water, makes an incomparable gargle, and theſe currants, as well as the red and white, are cooling, cleanſing, and opening.

The CYPRESS TREE. This tree, though not a native, is preſerved in the gardens of Great Britain; it is an evergreen of ſingular growth; it reaches to the height of twenty or thirty feet, and is beſet thick with branches, almoſt from the ground; theſe branches are largeſt towards the bottom, and ſmaller by degrees towards the top, ſo that the tree forms a natural cone; the bark is brown, inclinable to red; the leaves ſmall and ſhort, covering all the twigs like ſcal esand of a deep green; the flowers are inconſiderable in ſize, and of no great beauty; they are ſucceeded by a kind of nut of the ſize of a ſmall walnut, and nearly the colour of the bark; theſe are of a hard ſubſtance, and the fruit, when ripe, divides into ſeveral parts, and admits the ſeeds to fall out. The fruit is the part uſed in medicine; it ſhould be gathered before

fore it burſts, and being carefully dried may be given in powder, in doſes of five and twenty grains each; or leſs, according to the circumſtances. It is reputed to be balſamic and ſtyptic, ſtopping bleeding of the noſe and ſpitting of blood, bloody flux, and overflowing of the female diſcharges; for theſe purpoſes it is ſaid to be ſcarce equalled by any remedy of the vegetable kind.

COMMON DAFFODIL. This is an Engliſh plant, and grows wild in almoſt every undiſturbed place; it has narrow leaves, and large yellow flowers; but beſides theſe wild flowers, there are many found in our gardens in a great variety of ſhapes, which it has acquired by culture. In the wild ſtate it is about twelve inches high; the leaves are long and narrow like graſs, of a deep green, and nearly as tall as the ſtalk, which is roundiſh, but ſomewhat flatted and indented at the edge; the flower is large and ſingle, ſtanding at the top of the ſtalk, and by its weight preſſing it ſomewhat down; the root is round and white, and this is the part which is to be uſed medicinally, and as its virtues are loſt by keeping, it is always prudent, and attended with little trouble, to have it in readineſs in a garden. Given internally, in a ſmall quantity, it acts as an emetic, and afterwards purges gently; and it is ſaid to be excellent in removing obſtructions. The beſt form of adminiſtering it, is in the juice preſſed out and mixed with white wine, but it is principally uſed externally. The freſh roots are bruiſed and applied to green wounds, which it is ſaid to heal very ſuddenly; it is alſo ſucceſsfully applied to ſtrains and bruiſes, taking away the ſwelling and relieving the pain.

The GREAT DAISY is a wild plant, which is too common in our fields, to be much eſteemed in gardens; it ſometimes riſes about a foot high: the ſtalks are angular, firm and upright, they are but ſlender; the leaves are of an oblong form, narrow, indented round the edges, and of a fine dark green; the flowers, which ſtand on the tops of the branches,

are white, and about an inch broad, reſembling very much the white China ſtar wort, a plant cultivated in our gardens: the root is ſmall. Only the flowers are uſed in medicine; they muſt be gathered as ſoon as they blow, and dried, and may be afterwards adminiſtered either in powder or infuſion; they are preſcribed as a remedy for coughs and ſhortneſs of breath and diſorders of the lungs; their qualities are balſamic and ſtrengthening.

The LITTLE DAISY needs as little deſcription as the former; the leaves are oblong, wide, and obtuſe; the ſtalks ſeldom exceed three or four inches in height, and are without leaves; the flowers grow ſingly, one on each ſtalk, are of the breadth of a ſhilling, and whitiſh or reddiſh; the root is compoſed of a vaſt number of fibres. The roots, freſh gathered, are given in a ſtrong decoction, and are ſaid to be excellent againſt the ſcurvy; the uſe of them muſt be perſevered in for ſome time, but the event generally rewards the patience of the ſick. An idle notion formerly prevailed, that theſe roots, boiled in milk, keep puppies from growing large, but it is certain they produce no ſuch effect.

DANDELION is alſo a wild plant too common to need deſcription; the leaves are long, broad, and deeply indented at the edges; the ſtalks are without leaves, hollow, green, erect, and from ſix to ten inches high; on each ſtalk ſtands one flower, which is large, yellow, and compoſed of a great number of leaves, and the ſeeds which ſucceed it have a downy matter affixed to them. In the ſeed ſtate the whole head appears globular; the root is long, large, and white within; every part of the plant is full of a milky juice, but moſt of all the root, from which when it is broken, it flows plentifully, and is bitteriſh, but not diſagreeable to the taſte. From the root, freſh gathered, a decoction is made, which promotes urine and brings away gravel; the leaves are ſometimes eaten as ſallad when very young, and in ſome parts of the continent they are blanched like celery for

for this purpoſe; taken this way, in ſufficient quantity, they are a remedy for the ſcurvy.

RED DARNEL is a kind of wild graſs, very common about road ſides, and is diſtinguiſhed by ſtubborn ſtalks and low growth, ſeldom exceding a foot in height, but often much leſs; the leaves are narrow, ſhort, and of a dull green; the ſtalk is ſtrong, rather flat, erect, and of a reddiſh colour; the ear is alſo flat, and compoſed of a double row of ſhort ſpikes; the colour of the ear is inclinable to purple; the root is compoſed of a great number of whitiſh fibres. The roots dried and given in powder, are repreſented as making a very excellent aſtringent medicine, of uſe in violent purgings, overflowing of the periodical evacuations, and all other fluxes and bleedings, but the operation of it is ſlow, and perſeverance is required; it is, therefore, more proper to be adminiſtered for habitual complaints of this kind, than for ſuch as are brought on by any ſudden illneſs. There is another kind of darnel with white flowers, concerning which an old opinion prevailed, that the ſeeds, when by chance mixed with corn, and made into bread, occaſioned giddineſs of the head, ſickneſs of the ſtomach, and produce all the bad effects of drunkenneſs; but this apprehenſion does not appear to be well founded. This is a taller plant, and more common in corn fields than the red.

SHARP PONITED DOCK is chiefly diſtinguiſhed from the ordinary dock, by being rather more handſome; and by the figure of its leaves, which are ſharp pointed, inſtead of being obtuſe, and are alſo ſomewhat narrower and longer; it grows three feet or more high; the ſtalks are upright, round, ribbed, branched, and of a green colour; the leaves are of a more lively green, ſmooth, and neither wrinkled on the ſurface, nor curled at the edges; they have peculiarly large ribs; the flowers are but ſmall; at firſt they are greeniſh, then grow paler, and as they dry, become brown; the root is long and large, and

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of a tawney colour. The root is uſed in medicine, and is preſcribed as a remedy for the ſcurvy, and for ſweetening the blood; for which purpoſe it ſhould be given in diet drinks, and decoctions; and in this way it is ſaid to produce wonderful changes in bad habits. Externally applied, it has the reputation of curing the itch, and other foulneſses of the ſkin; the leaves and ſtalks ſhould be beat up with lard for outward uſe.

The GREAT WATER DOCK has a general reſemblance of the ſharp pointed dock, but is the largeſt of their kind. It grows commonly about waters, and reaches to the height of five or ſix feet; the ſtalks are round, thick, ribbed, and very ſtright, ſomewhat branched and hollow. The leaves are large, of a pale green colour, ſmooth and ſharp at the points. The flowers are ſmall, and of a very indifferent appearance, being at firſt of a greeniſh colour, with ſome white threads, and afterward becoming brown. The root is large, long, and of a brown colour, inclining to red. This plant has of late years been highly extolled as a remedy for the ſcurvy, the root contains the virtue; and it is to be given in decoction or infuſion, though the latter is the preferable way. The ſeeds of this, as well as the other docks, are aſtringent, and good to reſtrain violent purgings. A late botaniſt extracted an eſſence from the root of the water dock, which he ſold as a ſpecific in ſcurbutic diſorders.

GARDEN DOCK or MONK's RHUBARB, is a native of Italy, of the dock kind, and is preſerved in our gardens for medicinal uſes. It grows exceedingly tall, ſometimes to ſix or ſeven feet high; the ſtalk is round, thick, erect, and ſtrong; The leaves are of conſiderable ſize, both in length and breadth, and are pointed at the extremities: they ſtand upon ſtrong hollow foot ſtalks; and the great ſtalk of the plant is frequently red. The flowers, like thoſe of the other docks, are greeniſh and white at firſt, and afterwards turns brown; but they are in general not

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ſo ſmall as thoſe of the other kinds. The root is proportionably large and long, and is divided into ſeveral parts; the bark is of a browniſh yellow, and within it is of a more full yellow mixed with red, and this is the part uſed. It has received the name of monk's rhubarb from an idea of its poſſeſſing ſome of the virtues of the true rhubarb; but if it does, it is only in a very ſlight degree, being but a little purgative, and ſtill leſs aſtringent; it works rather more by urine than ſtool, and is recommended in the jaundice, and other obſtructions. The plant of the dock kind, which is kept in gardens, and called baſtard rhubarb, is ſometimes miſtaken for this, but the leaves of it are more round; if it has the ſame virtue with the monk's rhubarb, its efficacy is ſo inferior, even to that plant, that it cannot be uſed inſtead of it without injury.

DWARF ELDER.—This ſhrub ſo much reſembles the common elder tree, that it may be eaſily miſtaken for it, without careful examination; contrary, however, to that tree, it ſeldom grows above four or five feet high; the ſtalks are green, round, brittle and ſtraight, and have much the appearance of the young ſhoots of elder; but this plant has no woody part from whence they ſpring; the leaves are large, and conſiſt of ſeveral pair of others like thoſe of elder, with a ſingle one at the end; but the leaves of this plant are longer than thoſe of elder, and are lightly indented round the edges. The flowers are white, and of a ſmall ſize; but they ſtand in very large cluſters as thoſe of the elder: they are ſucceeded by berries, which turn black, when they are permitted to ripen; but this ſeldom happens, the birds being ſo immoderately fond of them, that they devour them the moment they come to maturity. The root is white and creeping, and ſurvives the winter, but the ſtem and leaves die every year to the ground. The juice of the leaves and ſtalks work ſtrongly both by ſtool and urine, and in this way

way is said to cure dropsies. Some dry the plant, and use it in decoction, but it is less efficacious.

The ELDER is well known. It is of irregular growth; the stem or trunk is covered with a whitish bark, and the wood is firm, but hollow within and full of pith, but this is less perceivable in the largest parts of the shrub, though it is never quite filled up; the young shoots are long, of considerable size, and green; they are of quick growth, and frequently do not begin to change colour or grow woody till they are a yard in length, the quantity of pith then lessens, their bark as they stand becomes browniſh, and their under surface woody; the leaves are composed of several pairs of small ones, with a single or odd leaf at the end; the flowers stand in vast clusters, rather loose and open, and each distinct blossom is small and white; they are succeeded by berries, which grow black as they ripen, and are full of purple juice. There is another kind of elder, with berries which are white when they are ripe, and which differs but little in other respects from this with black fruit; and a third sort with jagged leaves, but no otherwise different. Many medicinal virtues are ascribed to the elder. The inner bark of it is a strong purge, and it is reputed to cure dropsies when taken in time, frequently repeated, and long persevered in; a cooling ointment is made by boiling the flowers in lard till the are crisp, and then straining it off; the juice of the berries boiled down with sugar, or without, till it comes to the consistence of honey, is the celebrated rob of elder, highly extolled in colds and sore throats, though of late years it seems to have yielded to the preparation of black currants. Wine is made of elder berries which somewhat resembles Frontiniac in flavour.

ELECAMPANE is a tall stout plant, growing wild in some parts of England, but generally kept in gardens for medicinal purposes; it grows four or five feet high, and the flower is of considerable size and a yellow colour; the stalk is round, large,

large, erect, very ſtrong, and of a reddiſh caſt; the leaves are long, proportionably broad and rough; they are pointed at the ends, and of a light green colour; the flowers grow at the extremities of the branches, and in ſome reſpects reſemble the double ſun flower; they are ſometimes ſo large as to be near two inches in diameter, and are elegantly formed and of a fine yellow colour; the root is long and large, brown on the outſide, and white when it is cut or broken. The root is uſed medicinally, and poſſeſſes moſt virtue when it is taken freſh out of the garden, though the dried roots imported from Germany are generally adminiſtered. It is the opinion of ſome writers, that few plants are more ſerviceable than this, which relieves diſorders of the breaſt and lungs, opens obſtructions, operates powerfully by urine, and ſtill more by perſpiration; the juice of it is ſaid to be a cure for the itch, applied externally. It is, however, generally preſcribed as a remedy for coughs, for which purpoſe it is ſaid to be taken candied: and in this way a ſmall piece of it may be held almoſt perpetually in the mouth, and the juice ſwallowed gently, and will in general anſwer better than larger doſes ſwallowed at once.

ELM—An Engliſh timber tree which grows to a very great magnitude, and is found in rich and fertile ſoils throughout the kingdom; the bark is brown, rough, and of an irregular ſurface; the twigs are alſo of the ſame colour, and very tough; the leaves are ſmall, but broad and ſhort in proportion to their bigneſs, rough to the touch, and finely indented round the edges; they terminate in a point. The flowers are ſcarce obſerved, they appear before the leaves, and for the moſt part towards the tops of the trees; and they are a kind of threads; the ſeeds are flattiſh. The inner bark of this tree, boiled in water, is ſaid to make a better gargle for a ſore throat than almoſt any other that can be preſcribed; it muſt be ſweetened with honey of roſes; and it is extremely ſoft and healing, notwithſtanding its very cleanſing qualities.

qualities. Two or three other kinds of elms may be found in garden hedges, which have been imported from other countries; but the bark of the Engliſh rough elm, which we have deſcribed, is to be preferred to all of them as a medicine.

EYEBRIGHT is a low herb, which grows commonly in different parts of Great Britain; it has woody ſtalks, and varigated flowers; its height does not exceed ſix or eight inches; the ſtalks are round, ſtrong, ſubſtantial, and very hard; the leaves are broad thin, and very deeply indented at the edges; and of a bright ſhining green; the flowers are ſmall and very bright, the ground of them is white, and they are ſtreaked and ſpotted with black, or a very hair colour. This plant has been celebrated for helping dimneſs of ſight; for this purpoſe it has been directed to be taken internally, either the leaf dried and powdered, or freſh in decoction, or tea; the juice of the leaves, or a water diſtilled from them, are alſo recommended as external applications when the eyes are inflamed; but it has loſt much of it ancient reputation; it is however allowed to be a good diuretic.

FENNEL is a plant ſo univerſally uſed in the kitchen, that it does not require much deſcription, though it may be proper to notice it, as it is ſaid to poſſeſs ſome medicinal virtues. It ſometimes riſes to the height of ſix or ſeven feet; the ſtalk is round, hollow, and of a deep green colour; the leaves are large, but they are divided into a vaſt number of fine ſlender parts, which are alſo of a deep or bluiſh green colour, inclining to blue; the flowers, which ſtand at the tops of the branches, are ſmall and of a yellow colour, but they grow in large cluſters; the ſeed is ſmall, of a dark colour, and channelled or ribbed, and the taſte is acrid and aromatic; it has a long and white root, which is the part uſed medicinally. Boiled in common water, and given in large quantities, it is ſaid to work by urine, and to be a remedy for the gravel, ſtone, and jaudice. It was formerly

formerly highly eſteemed for diſorders of the eyes, and was uſed for theſe complaints both externally and internally; and in the latter way it was conſidered as a ſtrengthener and reſtorative.

SWEET FENNEL, though only to be found in gardens, reſembles very much the common kind, but is of a paler colour. It grows to the height of four feet; the ſtalk is round, hollow, channelled or ribbed, erect, and branched; the leaves are large, divided into a great number of parts, in the ſame manner as thoſe of common fennel, and both the leaves and ſtalks are of a pale green, with a yellowiſh caſt, and not of ſo dark a colour as the other kind. The flowers are alſo yellow, and ſtand in ſmall cluſters; two ſeeds follow after each flower, but theſe differ from thoſe of the common fennel in ſize, ſhape, colour, and taſte, being long, ſlender, of a paler colour, ſomewhat crooked and deeply furrowed, and their taſte ſweetiſh and rather acid. Of the ſweet fennel, the ſeeds are the only part uſed; they are ſaid to be excellent in the colic, and are uſed externally with ſucceſs in poultices to diſperſe and reduce ſwellings.

FENNEL FLOWER is a ſingular and pretty plant kept in gardens. It grows to a foot high; the ſtalk is firm, round, ſtriated, upright, and hollow; the leaves are divided into a multitude of fine ſlender parts like thoſe of fennel, only very ſmall in compariſon, and thence it had the Engliſh name of flower; they ſtand irregularly on ſtalks, and are of a pale green; the flowers ſtand at the tops of the branches; they are ſingular and pretty; the colour is whitiſh, and they are moderately large; the green leaves about them give them a very particular grace. The juice of the plant, freſh gathered, is good for the head-ache; it is to be ſnuffed up the noſe, and it will occaſion ſneezing; inwardly taken it works by urine, and is good in the jaundice.

MALE FERN is a common weed growing at the roots of trees, and in dry ditches; it has no ſtalk for

bearing of flowers, but several leaves rise together from the root, and each of these is in itself a distinct plant; it is two feet high, and near a foot in breadth; the stalk is naked for six or eight inches, and thence is set on each side with a row of ribs or smaller stalks; every one of which carries a double row of smaller leaves, with an odd one at the end; the whole together making up one great leaf, as in many of the umbelliferous plants; on the backs of these smaller leaves, stand the seeds in round clusters; they look brown and dusky: the root is long and thick, and the whole plant has a disagreeable smell. The root is greatly recommended for curing the rickets in children. With what success it would be difficult to say.

FEMALE FERN is a tall and spreading plant, common on our heaths, and called by the country people Braken. It grows to four feet high. The stalks round, green, and smooth; the leaves are set on each side, and are subdivided. The whole may indeed be properly called only one leaf as in the male fern; but it has more the appearance of a number, because it is so full of branches. The small leaves or pinnules which go to make up the large one, are oblong, firm, hard, and of a deep green colour, and they are so spread that the whole plant is often three feet wide. On the edges of these little leaves stand the seeds in small dusty clusters. But they are not so frequent on this as the male fern, for nature has so well provided for the propagation of this plant by the roots, that the seeds are less necessary, and where it is so, they are always produced more sparingly. A certain quantity of every species is to be kept up, but the earth is not to be over run with any. The roots of female fern, fresh gathered, and made into a decoction, are a remedy against that long and flat worm in the bowels, called the tape-worm; no medicine destroys them so effectually.

The FIR TREE is wild in Germany and many other parts of Europe, but with us it is only kept

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in gardens. We have no kind of the fir native. What is called the Scotch fir, is not a fir but a pine. The fir tree grows to a conſiderable height, and with great regularity; the trunk is covered with a rough and cracked bark, of a reſinous ſmell; the leaves are numerous, and ſtand very beautifully, and in elegant order on the branches; they are placed in two rows, one oppoſite to the other, and are oblong, but ſomewhat broad and flat; they are of a pale green, and of a whitiſh hue underneath; from whence the tree is called the ſilver-fir, and from the diſpoſition of the leaves, the yew-leaved fir, for they grow as in the yew tree; the fruit or cones ſtand upright; in this kind, they are long, thick, and brown. The tops of this kind are great ſweeteners of the blood, and they work powerfully by urine; they may be mixed with other ingredients in diet drinks, or brewed in the beer which is commonly drank at meals.

FLAX is a plant equally beautiful and uſeful, and is cultivated as well for the ſeeds, as the ſtalks. It grow three feet high; the ſtalk is round and ſlender, but firm and erect; the leaves are ſmall, of an oblong form, narrow, and ſtand irregularly on it, but are extremely numerous. Towards the top, the ſtalk divides into ſeveral ſhort branches; ſometimes three, or four, and ſometimes more; and theſe bear the flowers, which are large, and of an elegant blue colour. Each of them is ſucceeded by a round ſeed veſſel, containing a number of ſeeds. This is the ſeed which is called linſeed, and which is applied to many medicinal uſes. A tea made of it, is ſerviceable in coughs, and in all complaints of the breaſt and lungs; bruiſed, or reduced to flour, it makes excellant cataplaſms and poultices for ſwellings, and to aſſiſt ſuppuration. The oil which is drawn from it, is given ſucceſsfully in pleuriſies, and peripneumonies, and is alſo recommended as an admirable medicine in the gravel and ſtone.

PURGING FLAX is a pretty little herb which

grows abundantly in our hilly paſtures, parks, warrens, and other undiſturbed grounds, in different parts of England. It does not exceed eight inches in height; the ſtalk is round and ſtrong, and divides at the top into many ſmall branches. The leaves are ſmall, oblong, wide, and obtuſe at the points, and ſtand two at each joint. The flowers are of inconſiderable ſize, and white; the whole plant has much the appearance of the ſpecies of chickweed, but is diſtinguiſhed by the ſeed veſſels, and ſeed, to be altogether of the flax kind. The root is ſmall and fibrous. The leaves and ſtalk of this boiled in ale, make a ſtrong but not unſafe purge; the country people conceive, that it relieves rheumatic pains, and many other obſtinate diſorders. It has alſo the reputation of being a remedy for dropſies; and may probably be found ſo in all caſes where a ſtrong and ſmart purge is required.

The FLOWER DE LUCE is common in gardens. It grows to near a yard high; the leaves being about a foot and a half long, narrow, flat, and in all reſpects reſembling the leaves of the common yellow flag, like which they are alſo of a bluiſh green. The ſtalks are round, or a little flat, thick, ſtrong, ſtraight, and of a more perfect green than the leaves; the flowers are large, and of a violet blue; the root ſpreads near the ſurface, is large, of a browniſh colour, and jointed or divided by rings. If the juice of the freſh roots of this plant is mixed with white wine, it makes a ſtrong purge, and ſometimes alſo acts as an emetic, but theſe effects do not render it injurious. It is preſcribed as a cure for dropſies; and ſome phyſicians, both ancient and modern, are of opinion that it is extremely ſerviceable in that diſeaſe.

The FOX GLOVE is a wild plant of great beauty, grows in paſtures, and about wood ſides, in many parts of England. It riſes to the height of three feet. The leaves are long and broad, round, rough on the ſurface, pointed at the ends, and finely indented round the edges,; the ſtalks are round, firm, and

and erect, and of a whitiſh colour; the flowers drop from the ſtalk in a kind of ſpike, and are hollow, red, and large, but ſomewhat ſpotted with white, and reſemble in ſhape the extremity of the finger of a glove. Some ſtrong and hardy country people venture on a decoction of the leaves, in water or ale, for the rheumatiſm, and other ſtubborn complaints of the like kind; but it works ſo ſtrongly upwards and downwards, and if too large a quantity occaſions ſuch violent ſymptoms, that it ſhould be uſed with extreme caution; yet under proper regulation, it is ſaid to cure, alſo, quartan agues, and even the falling ſickneſs. An ointment is made of the flowers of fox glove, in May butter, which was formerly a famous appication to ſores and ulcers of the ſcrophulous kind.

GARLIC is a plant kept in our gardens for the double purpoſes of medicine and the kitchen. It grows to two feet or two feet and a half high. It has broad and long leaves, of a full green colour. The ſtalk is round, ſmooth, ſtrong, erect, and of a whitiſh colour; the flowers are alſo white and ſmall, taken diſtinctly; but they grow together, and form a large tuft at the ſummit of the ſtalk; the root is white, and ſometimes reddiſh on the external coat; it is compoſed of a number of bulbs, or (as they are more commonly called) cloves, joined together, and covered with one common ſkin: the root is fibrous at the bottom. The whole plant has an exceeding ſtrong ſmell, and a very pungent and acrid taſte. The root, boiled in water, and the decoction reduced into the form of a ſyrup with honey, is recommended as an excellent remedy in aſthmas, hoarſeneſs, coughs, and in all the uſual effects of colds as well as in difficulties of breathing. It is alſo an exceeding good diuretic.

GENTIAN is a plant commonly kept in our garden, but a native of Germany. It grows to the height of two feet and a half. Thoſe leaves which riſe from the root are of an oblong ſhape, broad, of a green

green colour inclining to a yellow, and pointed at the ends, The ſtalk is thick, ſtrong, erect, and of a browniſh yellow colour; two leaves ſtand at every joint, which reſemble the others, but are ſmaller; and as the ſtems riſe, a number of flowers ſpring alſo from every point; theſe are ſmall, of a yellow colour, having each a large lump in the middle, which is the foundation of the ſeed veſſel, and has a great quantity of yellow threads about it. The root is large, long, and divided into many parts. It is brown on the outſide, and yellowiſh within, and very bitter to the taſte. The root is uſed in medicine; and is kept dry in the druggiſt's ſhops, and conſtantly uſed in every modern preſcription, as a ſtomachic bitter. The common bitter tinctures and infuſions, are only compoſed of gentian root and the peel of Seville oranges. Beſides ſtrengthening the ſtomach, and creating an appetite, gentian root is ſaid to remove obſtructions, and to be uſeful in moſt chronic diſorders; the powder of gentian is a remedy for agues, in common with other bitters.

The GOOSEBERRY Shrub is well known. It ſeldom exceeds four or five feet in height, except it is trained againſt a wall, in which caſe it riſes much higher; the woody parts are covered with a brown rough bark, but the young ſhoots are of a lively green; the leaves are of a full green colour, and beautiful form, being deeply and regularly indented, ſo as to make three, five, or ſeven, diviſions; the flowers are of a whitiſh green, and theſe are ſucceeded by green, red, or amber coloured berries; the whole ſtem and branches are armed with ſtrong and ſharp thorns. The green berries boiled in water, are ſaid to be cooling in fevers, to create an appetite, and to check purgings, and hæmorrhages; but they muſt be uſed for theſe purpoſes with caution. The ripe fruit is recommended as the moſt wholeſome.

GROUNDSEL is a weed which grows commonly in gardens, field, upon walls, and bears ſmall yel-

low flowers and downy ſeeds; it does not often grow above eight inches high; the ſtalk is round, fleſhy, tolerably ſtraight, and greeniſh or reddiſh; the leaves are oblong, remarkably broad at the baſes, blunt, and deeply indented at the edges; the flowers grow in a kind of long cups, at the top of the ſtalks and branches. It flowers through all the milder months of the year. The juice of this herb taken in ale, is eſteemed a gentle and very good emetic, bringing on voming without any great irritation or pain. It aſſiſts pain in the ſtomach, evacuates phlegm, cures the jaundice, and deſtroys worms. Applied externally, it is ſaid to cleanſe the ſkin of foul eruption.

The HAWTHORN tree, for it ſometimes grows to a conſiderable magnitude, is too common to need a particular deſcription: The trunk is irregular, and generally crooked; it has many tough branches ſet alternately with very ſharp thorns, and leaves, on the oppoſite ſides of the twigs; the leaves are of a gloſſy green, and are divided into three or five parts; the flowers are ſmall, conſiſting of five white leaves, with reddiſh threads in the middle, and grow in cluſters; it is extremely beautiful, and the ſmell of it is delightful; theſe flowers are ſucceeded by ſmall round berries of a fine red colour, containing a large ſtone divided into two parts, and but thinly covered with pulp. This ſhurb flowers in May, and the bloſſoms are from thence called May Flowers; the berries ripen in September, but hang till after Chriſtmas, if they are not devoured by the birds. Both the flowers and dried fruit are uſed medicinally, either in decoction or infuſion; they both poſſeſs the ſame virtues, and are eſteemed good diuretics; they are commonly given in the gravel and ſtone; but no great dependence can be placed on their ſingle efficacy; they are alſo recommended in pleuriſies.

HEDGE MUSTARD is very common on the way ſide, hedges, upon old banks, and walls; the

ſtalk

ſtalk riſes to a foot and a half, or two feet high; and is round, tough, and pliant, in general not ſtraight, but branching out in a great variety of diviſions, like a buſh or ſhrub; the leaves which grow on the lower part of the ſtem are long and narrow, and divided into ſeveral jagged ſhreds ſet oppoſite to each other, with one at the end more obtuſe than the others; as the ſtalk riſes, the leaves have fewer diviſions, ſometimes only three. The flowers are ſmall, being compoſed of only four leaves, and of a yellow colour; as they are ſet on each ſide of the ſtalk, and flower gradually as the ſpike ſhoots up, ſo the ſtalk is frequently ſeen full of ſeed pods on the lower part, and of flowers at the top; theſe ſeed veſſels are round, ſharp pointed, ſtand cloſe to the ſtalk, and contain a great number of hot and pungent ſeeds. An infuſion of the whole plant is recommended in complaints which affect the the breaſt, ſuch as aſthmas, oppreſſion of tough phlegm, coughs, and hoarſeneſs, a ſtrong infuſion of it may be boiled to a ſyrup, in which way its virtues will be preſerved through the year.

HEMLOCK is a weed which has always been eſteemed a deadly poiſon, till within a very few years that an ingenious foreign phyſician introduced the internal uſe of it, ſince which time it has acquired ſome degree of reputation. It is a tall handſome plant, frequently riſing to the height of four or five feet; it has ſmooth, round, and hollow ſtalks, marked with black or purple ſpots, and bears many large winged leaves which are ſubdivided into numerous ſmaller parts like fern, but finer. On the tops of the branches grow large cluſters of white flowers, each conſiſting of five leaves, and theſe flowers are ſucceeded by whitiſh ſeeds deeply channelled; the root is large and woody; it grows in old deſerted gardens, under hedges, and, among rubbiſh, and flower in the middle of ſummer; the whole plant ſmells offenſively. Hemlock has been anciently preſcribed in poultices to diſperſe hard ſwellings; but

the moderns, as we have before obſerved, have ventured upon the internal uſe of it. It has been aſſerted to be ſpecific in the cure of cancers and ſcrophulous diſorders, and treatiſes have been written on its virtues, in ſupport of which many ample teſtimonies have been adduced. The dried leaves are directed to be powdered, and given at firſt in very ſmall quantities, which are to be increaſed as the patient can bear it: large doſes at the beginning are apt to occaſion faintings, giddineſs, ſtupefaction, and even loſs of intellects.

HEMP ſometimes grows to the height of five or ſix feet: the ſtalk is ſtout, angular, and covered with a thick tough bark, for which it is principally cultivated; the leaves are numerous and large, being compoſed of ſix or ſeven ſmaller ones, which ſpread like the fingers of the human hand, and are long, narrow, ſharp pointed, finely indented about the edges, are rough to the touch, and green above, but white or hoary underneath; the flowers and ſeeds are produced by different plants: that which bears the flowers, which are ſcarce obſervable, producing no ſeeds; and the female, or ſeed bearing plant having no flowers: the ſeed is large, round, ſmooth, of a greyiſh white colour, and containing a white oily pulp. The ſeeds only are uſed medicinally; theſe, being made into an emulſion, or boiled with milk till they crack, are ſaid to be a cure for the jaundice and to relieve old and obſtinate coughs; this emuſion has alſo been recommended to waſh the face after the ſmall-pox, to efface the marks, and the oil expreſſed from the ſeeds is ſaid to be a cure for burns.

HEMP AGRIMONY grows by rivers, and in other watery places. The root is ſpreading, ſtringy, and fibrous; and the ſtalks, which ſometimes riſe near three feet high, are angular, of a reddiſh colour, and ſomewhat woolly: at each joint ſtand two leaves, divided into long, narrow, indented parts, reſembling hemp: like which, alſo, the leaves are green above, and white beneath. The flowers are of a

bright red colour, and grow in large cluſters at the tops of the branches which are compoſed of a great number of ſmall, ſlender, naked flowers, divided into five parts at the tops, and each ſucceeded by a downy ſeed. A decoction made of the root, boiled in ale, and taken in ſmall quantities, it is ſaid to act as a gentle purgative; but in large doſes it operates more violently by ſtool, and by vomit alſo, though without producing any bad effect; it has the reputation of being a cure for dropſies, of affording relief in coughs and catarrhs, and of correcting bad habits of body. It is eſteemed a good vulnerary herb, and is ſaid to cure both external and internal wounds.

HONEY SUCKLE—This beautiful ſhrub adorns the woods and hedges of every part of the kingdom: the trunk or ſtem ſeldom or ever exceeds the bigneſs of a man's wriſt; the branches are ſlender and pliant, lying hold of any other plant that grows near it, and twiſting themſelves round its limbs: the young ſhoots are brittle, and of a reddiſh colour; the leaves grow in pairs at the joints, and are broad and roundiſh, but ſomewhat pointed at the extremities, and of a dull green with a bluiſh caſt: the flowers grow in branches compoſed of long ſlender tubes of a pale reddiſh colour, and of delicious ſmell; theſe are ſucceeded by round red berries. A decoction of the leaves is recommended for coughs and aſthmatic complaints to remove obſtruction of the liver and ſpleen, as a gargle for a ſore mouth and throat; and an oil collected from a ſtrong infuſion of the flowers, is ſaid to relieve the cramp and nervous convulſions.

HOPS grow wild in the hedges in many parts of Great Britain, they are alſo much cultivated, and run to a very conſiderable height, climbing round trees and ſhrubs in their wild ſtate; and, in the grounds where they are cultivated, round poles placed on purpoſe for their ſupport; the ſtalks are round, ſometimes green, and ſometimes inclining to purple, hairy

hairy, and rough to the touch; they bear leaves ſhaped like thoſe of the vine, divided into three parts, and each finely indented at the the edges, of a deep green colour, and nearly as rough as the ſtalks; at the extremities of the ſtalks grow the hops, in large, looſe, and ſcaly bunches, of a pale and greeniſh yellow colour, when they are at full maturity, at which time alſo they emit a ſtrong and grateful ſcent. A decoction of hops, freſh from the plant, has been recommended to cure the jaundice, and the powder of them, after they have been dried in an oven, is ſaid to be of great uſe in agues. A pillow filled with hops is reported to allay the frenzy occaſioned by fevers, and to procure ſleep; they are alſo preſcribed to remove obſtructions, and promote the female periodical diſcharges. The young ſhoots, or as they are commonly called hop tops, eaten as aſparagus, are accounted extremely wholeſome, being gently opening, diuretic, and cleanſing.

WHITE HOREHOUND—This plant grows by the ſides of roads, in lanes, and other dry places, in many parts of the kingdom; it riſes to the height of fifteen or ſixteen inches; the ſtalks are ſquare, white, or hoary, and very ſtrong, of a pale colour, and erect; the leaves, which ſtand two at each joint and have pretty broad foot ſtalks, are ſhort and wide, obtuſe at the ends, and indented at the edges; they are rugged, white, and hoary like the ſtalks; the flowers grow among the leaves, are white, and the points of their cups prickly; they appear in June; the root is woody, hard, and fibrous. The parts of the plant uſed for medicinal purpoſes, are the leaves and the tops of the young ſhoots; a very ſtrong decoction of theſe, made into a thin ſyrup with honey or ſugar, is ſaid to be excellent in relieving coughs, hoarſeneſſes of long ſtanding, and diſorders of the lungs; and taken in more conſiderable doſes, promotes the female periodical diſcharges, removes obſtructions, and is particulary ſerviceable in dropſies, jaundice, and green ſickneſs.

BLACK HOREHOUND—This plant, from its diſagreeable ſmell, is called by ſome ſtinking horehound. It is a taller plant than the white horehound, and more branched; the ſtalks are ſquare, and hairy; and bear leaves larger than thoſe of the white horehound, in ſhape not unlike them, but of a darker colour, and ſomewhat more ſoft to the touch; the flowers grow among the leaves in two cluſters, one on each ſide the ſtalk, each cluſter having a common foot ſtalk; the flowers are red; the whole plant is of a diſagreeable appearance; the root is fibrous, and ſpreads much. This alſo grows by road ſides, and under dry hedges; and it flowers in July. The plant may be uſed freſh or dried; the leaves bruiſed and mixed with ſalt, are ſaid to cure wounds inflicted by mad animals; given in form of tea, it is recommended to promote the female evacuations; and as a remedy in hyſteric caſes, faintings, convulſions, and lowneſs of ſpirits, and all the train of hypochondriac diſorders.

GREAT HOUSE-LEEK is a plant ſo well known by its peculiar manner as well as the place of its growth, that it needs little deſcription. It grows in cluſters of a roundiſh figure, and theſe are compoſed of leaves, large towards the bottom, and ſmaller towards the extremities; they are thick and very full of juice, broad at the baſes, growing ſharp towards the points, flat on the upper ſurface, a little rounded beneath, and rather hairy at their edges. The ſtalk riſes to the height of ten inches, is very large, ſtraight, round, and juicy; of a reddiſh colour, and divided at the top into branches; the leaves on it are more thin and narrow than thoſe from the root. The flowers are numerous and grow in ſpikes on the tops of the branches; they are of a ſtarry appearance, of a red colour, and have a green head in their middle, which afterwards forms a cluſter of ſeed veſſels, incloſing a number of very ſmall ſeeds. It grow on the tops of houſes in moſt parts of England. The leaves are uſed medicinally. They may be applied externally

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in inflammations, burns ſcalds, St. Anthony's fire, and the ſhingles. They are alſo uſeful in other caſes where cooling things may be employed. The juice is ſaid to be cooling and aſtringent taken inwardly, though it is not often uſed in this way. It is alſo recommended for inflammations of the eyes. There is another houſeleek unlike the laſt mentioned in form, bnt poſſeſſing nearly the ſame virtues; this plant is diſtinguiſhed from the other, by the name of the leſſer houſeleek; the ſtalks are round, ſlender, and reddiſh, and, does not grow above five or ſix inches high. The leaves are long and round, not flat like other leaves, The flower ſtalks are of a bluiſh green colour, and have a few leaves like thoſe already deſcribed. The flowers are white, and ſtand in tufts or umbels at the tops of the ſtalks. This alſo grows on old walls, and the tops of houſes, like the other.

The LEAST HOUSE-LEEK, Stonecrop, or Wall-Pepper, is a plant, which alſo grows commonly on old walls, is a-kin to the two preceding, but differs from both in appearance and virtues. The root is ſmall, from whence grow abundance of round ſtalks; being weak and unable to ſupport themſelves, they ſpread every way, and extend to the length of ſix inches. The greateſt part of the ſtalk is covered with leaves, ſo that it has the appearance of a green ſubſtance, about the ſize of a man's finger; theſe leaves are ſhort and thick, of a lively green colour, broad at the baſes, and ſharp at the points. The flowers are ſmall, and of a bright yellow; they grow in great numbers at the extremities of the branches, and reſemble in ſhape thoſe of the common houſeleek. It flowers in May and June. The root is ſmall and fibrous, and the whole plant is of an acrid, pungent taſte. This kind of houſeleek is more apt to increaſe than leſſen inflammations; it ſhould, therefore, be carefully diſtinguiſhed from the other ſorts; but the juice of this is excellent againſt the ſcurvy, and other diſeaſes ariſing from what is called foulneſs of blood.

A courſe of it has been alſo recommended for the ſcrofula or king's evil. It may be taken in ſtrong decoction.

HYSSOP, though not a plant of Britiſh growth, is kept in gardens for its virtues. It ſometimes grows two feet high; the young ſtalks are ſquare, ſtrong, erect, and of a pale green colour; as they grow older they become round and woody. The leaves, which ſtand two at each joint, are long, narrow pointed at the ends, and of a lively green. The flowers are ſmall, ſtand in long ſpikes at the extremities of the branches, and are of a beautiful blue colour. The root is thick, woody, and much divided; and the whole plant has a ſtrong aromatic ſmell. Hyſſop may be gathered and dried when it is juſt beginning to flower. An infuſion or tea made of it, is not diſagreeable; this ſeems the beſt way of taking it. It is an excellent remedy for coughs, hoarſeneſs, aſthmas, obſtructions in the breaſt, difficulty of breathing, colds, and diſtempers of the lungs. A ſtrong infuſion boiled into a ſyrup with honey or ſugar, will anſwer the ſame purpoſes, and may be adminiſtered with an equal quantity of the oil of almond.

HEDGE HYSSOP is a little plant kept in our gardens, but is a native of the Alps, and other mountainous parts of the continent of Europe. It grows a foot high; and has creeping roots, from whence riſe ſquare, ſlender, and not very ſtout ſtalks; the leaves, which reſemble thoſe of the common hyſſop, and are ſet at every joint, are long, narrow, and ſharp pointed. The flowers are long, of a moderate ſize, and of a yellow colour; they grow from the boſoms of the leaves, on ſhort foot ſtalks, are hollow, and but little divided at the ends. They reſemble in ſome meaſure the flowers of fox glove. The plant is but little uſed in this country, though a decoction of it, freſh, is ſaid to be an excellent but ſomewhat violent purge and is recommended to ſtrong conſtitutions in dropſies, rheumatiſms, and the jaundice.

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The JACINTH, Hyacinth, Harebell, or Bluebell, is found in immenſe quantity in old grounds, among low woods, and in thickets, in every part of England. The root is white, round, bulbous, and about the ſize of a large filbert. The leaves are narrow and graſſy, but of a dark green colour, and ſmooth ſurface; among the leaves riſe a long, ſmooth, brittle, round ſtalk, without leaves, and bearing a ſpike containing ſix or ſeven flowers, which are large and of a beautiful blue; hollow, oblong, and turning up at the rim. The whole ſpike hangs down its head. The root, which is the only part uſed, and this but rarely, in medicine, abounds in a ſlimy juice, but muſt be carefully dried; the decoction of it operates well by urine; the powder is balſamic and ſomewhat ſtyptic. Its virtues are not much known; but is ſaid alſo to poſſeſs an aſtringent quality, and to be a good remedy for female weakneſſes.

JESSAMINE—Almoſt every garden is ornamented with this beautiful ſhrub; it ſhoots out long, ſlender, and green twigs, unable to ſupport themſelves; ſo that it is commonly nailed againſt walls, unleſs it is confined to a very ſmall ſize; the trunk is covered with a grey bark, but the young ſhoots are green; the leaves ſtand two at each joint, oppoſite to each other, and are extremely beautiful; each being made up of about three pair of ſmall, narrow, oblong, and pointed leaves, with one at the end longer than the reſt; they are of a dark but clear green colour; the flowers come forth among the leaves ſeveral together, on a common foot ſtalk, they are long, hollow, open at the end, and white; they ſtand in very ſmall cups, ſo that they eaſily fall off when they are full blown; they are highly and deliciouſly fragrant; theſe flowers are ſucceeded by divided berries; which ripen in the warmer countries, but ſeldom come to maturity here. The flowers are uſed medicinally; and a ſtrong infuſion may be made, by pouring a pint of boiling water upon ſix ounces of the freſh gathered and clean picked bloſſoms of jeſſamine; after it has ſtood twelve hours,

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it may be ſtrained off, and honey or ſugar enough added to make the liquor into a thick ſyrup; in this way it is ſaid to be an excellent medicine for a cough and difficulty of breathing, and a ſtrong decoction has been recommend to warm and relax the womb, and facilitate child-birth.

St. JOHN's WORT is a plant common in paſture grounds and hedges, among buſhes and in other dry places. It is a ſtout plant, grows to a foot and a half high; the ſtalk which is round, large, and exceedingly erect, is very much divided into branches towards the top; the leaves, two of which grow without foot ſtalks, at every joint, are ſhort and blunt at the points, and have three very pretty large veins running on the back ſide of each; they are of a bright green colour, and being held up againſt the light, ſeem to be full of ſmall holes like thoſe made by a pin; the flowers, which are large, and of a bright and beautiful yellow, are very numerous on the tops of the branches; they are full of yellow threads, which if rubbed between the fingers emit a juice like blood; the ſeed veſſel is longiſh, and angular, ſomewhat reſembling a grain of barley: this is divided into three parts, each of which contain ſeveral very ſmall brown ſeeds; it ſmells reſinous. The flowers and the flowery tops of the plant, juſt before they begin to ripen for ſeed, are uſed medicinally. A tincture of the former, in ſpirit of wine, is ſaid to be a remedy for madneſs and melancholy; and a decoction of the latter, which works powerfully by urine, is preſcribed for the gravel, and in ulcerations of the urinary paſſages; it is alſo recommended to cure agues, and deſtroy worms. Externally uſed, the flowers and tops may be gathered freſh, and bruiſed; and in this way are good for bruiſes, and wounds; in the former they take off the blackneſs; and, in the latter, ſtop the blood, and ſerve as a healing balſam.

The IVY is a very common ſhrub, which climbs about old trees, or upon old buildings, inſinuating itſelf by ſhort fibres into trees or walls; and for want

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of ſuch ſupport, it ſometimes runs on the ground; it rarely bears any fruit in that ſituation. The trunk is large, brown, and covered with a bark of a peculiar roughneſs. It is divided into a great number of branches, which are ſlender and brittle. The leaves, which are dark green, are of various ſhapes, oblong, angular, pointed or divided. But it has been obſerved, that the leaves of thoſe plants which have the ſupport of a wall, are more uniform, being generally round, and ending in one point. The flowers, which grow in little round cluſters, are of a yellowiſh colour, but ſmall and inconſiderable; the berries which ſucceed them are large, black when they are ripe, and contain each ſome angular ſeeds. It flowers late in the year, and the berries do not ripen till towards the end of January. Both the leaves and the berries are ſometimes uſed, but neither are in very great reputation. A decoction of the leaves is ſaid to deſtroy vermin in children's heads, and to heal the ſoreneſs they occaſion. They are alſo uſed to cover iſſues that are inclined to inflammation. The berries are purging, and may be taken in an infuſion, which will alſo ſometimes work by vomit, but not prejudicially. They are preſcribed as a remedy for rheumatiſms, and pains of all kinds in the limbs; and the infuſion is ſaid to have cured dropſies, but this is probably ſomewhat doubtful. In the warm countries the ivy emits a kind of gum, which has been uſed with ſucceſs externally to take out ſpots and freckles from the ſkin, but it ſhould be applied with caution, as it is cauſtic and may excoriate the ſkin.

LAVENDER is a native of warmer climates, growing wild in the ſouthern parts of France and Spain; with us it is only cultivated in gardens. It reaches to the height of three feet or more, and lives many years; the main ſtem and branches are woody, firm, and covered with a greyiſh bark; but the young ſhoots are tender, and green; on theſe ſtand the leaves which are long, narrow, of a light green, pointed, and broadeſt at the extremities, and ſtand two at each

joint; the ſtalks, from which the flowers riſe, are ſquare, green, have but few leaves, and thoſe ſmaller and narrower than the others; the flowers ſtand in ſpikes or ears, are ſmall, of a fine blue, and very fragrant; the cups which hold the flowers are whitiſh; there is alſo a broad leaved ſort, but this is very rare. Theſe flowers are uſed medicinally. They are cordial, and refreſhing, uſeful in the palſy, convulſions, and in all diſeaſes of the head and nerves. They are alſo efficacious in expelling wind from the ſtomach and bowels, and may be taken in tea or infuſion, in which form it is alſo uſed in warming and ſtrengthening fomentations. A cordial ſpirit is alſo made from theſe flowers, with other ingredients, which is given in all hypochondriac diſorders, and in the palſy.

The LEEK is a garden herb, univerſally known for kitchen uſes; it riſes to the height of three feet or more; the root is round and white, with a cluſter of fibres at the bottom; the leaves are large, long, of conſiderable breadth, and of a deep ſhining green colour; theſe leaves encompaſs the lower part of the ſtalk, the upper part of which is naked, and bears at the top a cluſter of ſmall flowers of a purpliſh green. It flowers in June and July; the ſeed is contained in round pods, one ſucceeding each flower, and flat and black. Leeks are recommended in aſthmas, coughs, and ſhortneſs of breath, and to cleanſe the ſtomach of tough phlegm. A ſyrup may be made of a ſtrong infuſion of the whole plant, except the fibres; and this is the beſt way of adminiſtering it.

The LENTILE is a very ſmall plant ſown in ſome parts of England for the ſake of the ſeeds. It ſometimes riſes to the height of a foot, or even a foot and a half; but the ſtalks are ſo feeble, that it ſeldom ſtands upright; the ſtalk is angular, branched towards the top, and of a light green; the leaves reſemble thoſe of the common pea; conſiſting each of ſeveral pairs of ſmaller ones, on a common rib, the whole is terminated by a tendril inſtead of an odd leaf; the ſmall leaves are of an oval ſhape; the flowers are

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ſmall, white, and in figure like thoſe of tares; they ſtand ſingly, on long ſtoot ſtalks; the flower is ſucceeded by a pod of flattiſh ſhape, containing generally two round ſeeds of the ſize of a very ſmall tare, but ſomewhat flattiſh. This ſeed, which is the medicinal part, being reduced to powder, has made poultices for ſwellings, but it is not in much reputation; the ſeeds themſelves were formerly eaten to ſtop purgings, and cooling cataplaſms have alſo been made of the flowers; but the uſe of both ſeems at preſent to be omitted.

The LETTUCE is ſo common in our gardens, that it ſcarce needs deſcription. Its extreme height, when it flowers, is ſometimes two feet and a half; the ſtalk is round, thick, ſmooth, very upright, of a light green, and ſomewhat encompaſsed by the leaves, which are oblong, broad, but narrower near the ſtalk, and ſomewhat indented at the edges. The flowers grow on the tops of the ſtalks, and of a faint yellow; the ſeed, which is flat and whitiſh, is winged with a light white down. Lettuces, which compoſe the beſt part of our ſallads, are grateful to the ſtomach, allay heat, and quench thirſt. The juice of them may be taken to procure ſleep, or the thick ſtalk may be eaten for the ſame purpoſe; and perhaps this is more innocent, as it is certainly leſs offenſive than opium. It is ſaid to be diuretic, and to increaſe the milk of nurſes. The ſeed is one of thoſe commonly called the four cold ſeeds.

The WHITE LILLY is a tall, highly fragrant, and elegant garden plant, and grows to the height of four or five feet; the ſtalk, which is round, green, large, and very erected, is ſurrounded at the bottom by ſeveral long, narrow, thick leaves, and many more grow upon it all the way up, which are of the ſame ſhape, ſmooth, and of a paler green; the top of the ſtalk is divided, and the flowers ſtand on the diviſions; theſe are large and white, and have ſeveral yellow chives in the middle: the root is bulbous, and compoſed of many thick ſcales. The roots and flowers are uſed

in external applications, the former are excellent, mixed in poultices, to haſten the ſuppuration of abſceſſes; a cataplaſm of the flowers is emollient, and relieves pain; an oil is made of the flowers, by ſteeping them in common oil of olives, but the freſh gathered flowers are more efficacious, if they are to be had. The root may be procured freſh at all times.

The LILLY of the VALLEY is a ſmall but beautiful and odoriferous plant, ſeems to have but little pretence, from its reſemblance, to any part of the name of that laſt mentioned, except that the leaves are of the lilly kind; the leaves are large in proportion to the ſize of the plant, long and broad, of a dark green, and full of thick ribs or nerves; from the midſt of the leaves riſe a weak, thin, angular, green ſtalk, bending towards the top, and bearing a drooping row of ſmall white flowers, roundiſh, hollow, and of a delicate and refreſhing ſmell; theſe flowers are ſucceeded by ſmall round berries, which turn red as they ripen. Of theſe flowers a tea is made, which being drank for a conſiderable length of time, is ſerviceable in all nervous complaints, whether violent and obſtinate head-aches, apoplexies, palſies, convulſions, tremblings, giddineſs or ſwimmings in the head. And though it may not be alone powerful enough to cure theſe diſorders, in their worſt ſtates; yet if it anſwers the purpoſe of alleviating the ſymptoms, that is too deſirable an object to be neglected, eſpecially where the experiment can be made on ſuch cheap and eaſy terms.

The LIME TREE, which is commonly planted to form avenues in parks and near gentlemen's houſes, is very beautiful when in flower, and extremely fragrant. The trunk is large, ſtraight, and covered with a ſmooth bark, and the branches are tolerably regular. The leaves are ſhort and broad, of a form nearly round, but terminating in a point, and finely indented about the edges. The flowers grow on long yellowiſh ſtalks, which ſhoot out by the leaves, and have ſome yellow,

yellow, oblong, and narrow leaves upon them; the flowers are alſo of a faint yellowiſh colour, nearly white, and the ſmell of them is extremely agreeable; they are ſucceeded by a ſmall round hoary fruit, about the ſize of a pea. The flowers are uſed medicinally, and are good for giddineſs of the head, tremblings of the limbs, and almoſt every kind of nervous complaints. They may be made into a tea; and powerful virtues were formerly attributed to them even in apoplexies, epilepſies, and other violent ſeizures in the head.

LIQUORICE is a plant cultivated in many parts of England for the ſake of the root. It grows a yard or more high; the ſtalk is round, channelled, and branched, and ſet alternately, with rather large and long leaves, each of which is compoſed of many pairs of ſmaller, ſtanding on a common rib, and terminating in an odd one; theſe ſmaller leaves are of an oval ſhape, and of a duſky green, and feel clammy to the touch; the flowers, which are very ſmall and of a blue colour, ſtand in long ſpikes, which riſe from the boſoms of the leaves; the ſeeds are contained in erect pods. The root is uſed medicinally, and it poſſeſſes many virtues. When it is freſh taken up out of the ground, it has a ſweet and rather agreeable taſte. It is a good pectoral, and of great uſe in diſorders of the lungs, coughs, hoarſeneſſes, and ſhortneſs of breath. It alſo operates gently by urine, and is recommended in the ſtone and gravel, ſtoppage and heat of urine, and in ulcerations of the kidnies and urinary paſſages, where it acts upon the lungs, both in cleanſing and healing. It is taken to moſt advantage by ſucking or chewing the freſh root; but it may be given in infuſion, or tea. The black ſubſtance which is ſold in the ſhops, by the names of liquorice juice, and Spaniſh liquorice, is made by evaporating a ſtrong decoction of this root till it is reduced to a conſiſtence; but the freſh root itſelf is much more efficacious.

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The COMMON MALLOW is a wild plant, which grows every where about our hedges, fields, gardens, and decayed building and rubbiſh, riſes to the height of three or four feet; the root is large, whitiſh, has many branches and fibres, and runs deep into the round; the ſtalk is large, and the leaves are roundiſh, but indented, and divided at the edges into five blunt parts; the lower leaves ſtand on long hairy foot ſtalks; the flowers are numerous, large, red, with viens of purple or a deeper red colour, interſperſed; it flowers in May and June. Every part of it may be uſed to ſome advantage, being cooling, opening, ſoftening, but the root poſſeſſes moſt virtue. The leaves dried or freſh are one of the ingredients in decoctions for clyſters; and this may alſo be drank to aſſiſt the diſcharge of urine, and heal the urinary paſſages when they have been excoriated by the heat of the water. The root is beſt freſh, and ſhould be taken before the ſtalk ſhoots, and when there are only leaves growing from it. This may be boiled in water, and the decoction made very ſtrong, for it is by no means unpleaſant to the taſte. It may be drank in quantities, and is alſo of great ſervice to promote the diſcharge of urine, and to relieve the ſtrangury. It is equally ſerviceable againſt all acrid humours in the bowels, and for the gravel and ſtone. It makes an agreeable drink in fevers, being acidulated with tamarinds, and is excellent to give children in the ſmall-pox, meaſles, and in other eruptive diſorders.

There is a ſmaller kind of mallow, which has white flowers. This lies flat upon the ground; and a decoction of it is of a more agreeable taſte than the common mallow, though it poſſeſſes the ſame virtues. A tea made of the root and tops of this herb, will be found of great uſe in promoting the diſcharge by urine, and relieving all complaints which originate in the kidneys or the paſſages from theſe organs.

MARSH

MARSH MALLOW. This is a tall plant of the mallow kind, ſometimes found wild about ſalt marſhes, and the ſides of rivers where the tide flows; but much more cultivated in gardens. It grows to the height of four feet; the root is large, thick, tough and woody; divided into many branches: yellowiſh without, and whitiſh within, and full of ſlimy juice; the ſtalks are erect, large, and ſomewhat downy; the leaves are large, broad at the baſe, but narrower at the points. and of a form rather inclining to triangular; they are indented about the edges, and are of a faint green colour, and covered with a ſoft pile like velvet; the flowers reſemble thoſe of the common mallow in figure, but are larger and of a more faint red colour, almoſt white; theſe are ſucceed by ſeeds, which are alſo of the ſame form as thoſe of the other. The root and leaves are generally uſed medicinally: the former, which is of an inſipid taſte, may be boiled in water, and the decoction being made ſtrong, is taken with ſucceſs to promote the diſcharge of urine, and bring off gravel and ſmall ſtones. It alſo relieves ſtranguries, and heals the excoriations of the bowels, which are occaſioned by dyſenteries, and ſharp purgings. It is goods in coughs, and poſſeſſes the ſame virtues in common with the ſmaller mallow, but in a much higher degree. An admirable ſyrup for all the medicinal purpoſes, is made from a ſtrong decoction of this plant.

VERVAIN MALLOW. This plant, which is equally elegant in its flower, and the manner of its growth, is common in pasture lands, and hedges, in many parts of England. It does not grow two feet high; the ſtalks are round, of moderate ſize, more hairy than the common ſort, and very upright; the lower leaves are ſmall, round, and divided ligthly at the edges: the leaves which grow on the ſtalk are deeply and beautifully cut into five parts in a very regular manner: the flowers are of a very lively red, not ſtreaked, and are twice as large as thoſe of the common mallow: the ſeed veſſel is larger and nearly black

black, and the ſeeds are of the ſame form and diſpoſed in the ſame manner as in the common mallow; the root is white, hard, woody, and ſpreads in the ground: it flowers through moſt of the ſummer month. If any part of this plant is ever uſed medicinally, it is the root, which is ſuppoſed to have the ſame virtues as that of the common mallow, but in a very inferior degree. A decoction of it is rather more agreeable to the taſte than that of the common mallow.

MANDRAKE. Of this plant, there are two kinds; one which has broad leaves, and bears round fruit, and this is called the male; the other, with narrower leaves, and fruit of an oblong ſhape, which is called the female; they poſſeſs the ſame qualities, but in the male they are moſt powerful: both theſe plants are natives of Italy, where they are found in woods; and on the banks of rivers: in Great Britain they are kept in gardens, where they thrive as in their natural ſoils. Theſe mandrakes have no ſtalks; the leaves ſpring immediately from the root, and are very large, being frequently a foot in length, and four or five inches broad in the middle; towards the extremities they grow narrower, and are ſharp pointed; they are of a dull green colour, and diſagreeable ſmell; from among theſe leaves riſe the flowers, which ſtand upon foot ſtalks of three or four inches high, ſlender, and hairy, which alſo come immediately from the root; theſe flowers are of a large ſize, of a purpliſh white colour, and of a very unpleaſant ſmell; they are ſucceeded by fruit of the ſize and ſhape of a ſmall apple, in the male; but more reſembling the figure of a pear in the female kind; this fruit is of a deep yellow colour when ripe, and the ſmell of it is offenſively ſtrong; the root is long, and of a conſiderable ſize, largeſt at the head, and ſmaller by degrees, as it deſcends; if it happens to meet with a ſtone, a root of ſome tree, or other interruption, it ſometimes divides into two parts, from the middle downwards; but if no ſuch accident obſtructs its regular growth, it is uſually ſingle; this

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is the root which is conceived to reſemble the human form, to which in its ſingle growth it is not in the ſmalleſt degree more like, than any other large root: nay, when by any of the before mentioned accidents, it is divided, it has no more the appearance attributed to it, than a carrot or parſnip which happens to grow in the ſame way. A thouſand ſtories are propagated of this root, all of which are equally unfounded. The human figure, head and limbs, are ſometimes cut on the roots of white briony, and ſometimes on thoſe of angelica; after the roots are formed into this ſhape, they are put into the ground again, where they will frequently acquire the appearance of a bark, and favour the pretence of their being natural productions. The tales of theſe roots ſhrieking when they are pulled up, and the uſing dogs to draw them out of the earth, becauſe it is fatal to any human being to do it, and many other reports concerning theſe roots, are equally idle, falſe, and groundleſs, and merely calculated to deceive the ignorant, and extort money from them. There is nothing extraordinary in the root of the mandrake, nor are the terms male and female properly applied to the two kinds, which would be better diſtinguiſhed, by deſcribing the one as broader leaved mandrake with round fruit, and the other as the narrower leaved mandrake with oval fruit. The mandrake is not intitled to the diſtinctions of male and female, by any of thoſe marks which procure it for hemp, ſpinach, and many other plants already mentioned. The freſh root has been formerly uſed medicinally; but it operates ſo violently, both by vomit and ſtool, that few conſtitutions are ſtrong enough to bear it. The bark of the root dried, works as an emetic only, but very roughly. The fruit is ſometimes eaten, but it has a ſleepy quality; though not in any great degree externally, the leaves are uſed in fomentation and poultices, and are ſaid to be uſeful in hot tumours, inflammations, and ſwellings, particularly thoſe of the ſcrofulous kind; the juice of the leaves has been dropt into the eyes to take off

heat and redneſs, but as it is in all reſpects both externally and internally a very powerful medicine, and others may be found in the vegetable world, leſs violent, and more efficacious in the ſeveral diſorders for which it has been tried, we do not recommend the uſe of it.

MILLET is a plant of the graſs kind, grows large and upright, nor is it deficient in elegance; it riſes four or five feet high; the ſtalk is round, large, hollow, and jointed; the leaves, which are long, of a proportionable breadth, of a green colour, and hairy, encompaſs the lower part of the ſtalk; the flowers and ſeeds grow at the extremities of the ſtalks, in cluſters of ſuch ſize and weight, that the heads uſually bend down; the flowers are trifling, much reſembling thoſe of other graſſes; the ſeeds are a ſmall, hard, and whitiſh grain. The ſeeds are uſed as food in ſome parts of the world; here they are employed ſometimes inſtead of barley, to make a drink which is recommended in fevers, and againſt heat of urine. Millet is ſomewhat aſtringent, windy, and hard of digeſtion.

SPEAR MINT, or Garden Mint, is a plant is too univerſally known to need minute deſcription; it riſes to the height of two feet, the ſtalks are ſquare, ſingle, erect, and ſtrong, and of a light green; the leaves which ſtand two at a joint, are long, narrow, and of a much darker green than the ſtalks, indented at the edges, and ſharp-pointed; the flowers, which are ſmall and purple, and blow in July, ſtand beautifully diſpoſed in long ſpikes, on the tops of the ſtalks; the whole plant has a ſtrong but fragrant ſmell, and an agreeable aromatic taſte; the root creeps and ſpreads in the earth, and is not eaſily extirpated. The whole plant may be uſed freſh or dried, and is an admirable remedy for diſorders of the ſtomach; it reſtrains vomiting and hiccup, promotes an appetite, and removes pains; it may either be given in the ſimple diſtilled water carefully made, or in an infuſion. To ſtop vomiting the freſh herb

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is ſometimes directed to be bruiſed and applied externally to the pit of the ſtomach.

WATER MINT is a common wild plant of the mint kind; it grows about almoſt all watery places, and does not differ very greatly from the herb laſt deſcribed; it is a foot or a foot and a half high; the ſtalks are alſo ſquare, erect, ſtrong, and generally of a duſky colour; the leaves, which are broad and ſhort, ſtand in pairs at the joints, and are of ſo deep a green as to appear browniſh; they are ſomewhat hairy, and indented about the edges; the flowers are of a ſuperior ſize to thoſe of common mint, of a paler red or purple colour, and grow in round cloſe cluſters at the tops of the ſtalks, and about the upper joints; the whole plant emits a ſtrong ſmell, not diſagreeable but ſeeming to partake of that of garden mint, and pennyroyal; the taſte is ſtrong and pungent, and rather more diſagreeable than the other. The diſtilled water of this plant is of great ſervice in colics, pains in ſtomach and bowels, and will effectually remove obſtructions; in the former caſe it is ſo efficacious, that a ſingle doſe of it often cures the colic; this herb has been excluded from common uſe by the introduction of pepper mint, but every ſpecies of the mint may be uſed; where a ſimple weakneſs of the ſtomach is the only complaint, the common mint may be given alone; the pepper mint is an admirable remedy for colic pains; but the common wild water mint is beſt for ſuppreſſions of the female periodical diſcharges. All kinds of mint may be given in tea or infuſion; but a ſimple water diſtilled from them, and made of a proper ſtrength, is very much to be perferred.

PEPPER MINT reſembles the water mint more than the ſpear or garden mint, both in form and qualities; it is larger than either, growing two feet and a half high; the ſtalk is ſquare, ſtrong, erect, and of a light green; the leaves, which ſtand in pairs at the joints, are broader than thoſe of common mint, not very long, of a full green, and indented deeply at the

edges; the flowers grow in looſe oblong ſpikes, on the tops of the branches; they are alſo larger than thoſe of ſpear mint, and of a pale red; the whole plant has an agreeable acute ſmell, and a biting taſte like pepper; the root is ſlender and creeping. Tho' pepper mint is cultivated with care in every garden, it is found wild in many parts of Eſſex and Hertfordſhire. The whole plant is uſed medicinally, both freſh and dried, but the diſtilled water is the beſt preparation of it. It is an excellent remedy for the windy colic, which it ſometimes removes inſtantly: it is alſo recommended as a remedy for the gravel and ſtone.

LONG-LEAVED WILD MINT is another kind of wild mint found in many parts of England. It riſes to the height of two feet, and is of very regular growth; the ſtalk is ſquare, ſtrong, erect, of a light green, ſomewhat hoary, and many young ſhoots ſpring from the top of it; the leaves are long and narrow, hoary, eſpecially underneath, deeply indented about the edges, and pointed at the extremities. The flowers grow in ſpikes at the tops of the young ſhoots, are of a pale purple colour, larger than thoſe of the common mint, and very numerous; the whole plant has a ſtrong but rather agreeable ſmell. The leaves and ſtalks are uſed medicinally, either freſh or dried, and may be given in an infuſion; the diſtilled water is nauſeous. It is reputed to ſtrengthen the ſtomach, remove the colic pains, and promote the female periodical diſcharges; for which purpoſe it is eſteemed a very valuable medicine, but the uſe of it muſt be perſevered for a conſiderable time.

The MYRTLE is a beautiful ſhrub, a native of Italy, Spain, and ſeveral iſlands in the Mediterranean, and is common in our gardens, and particularly in the two weſtern counties of England, where it reaches a very conſiderable height, and ſtands the winter without ſhelter; the trunk is covered with a brown and not quite ſmooth bark; the branches are very numerous, ſmall but tough, and of a reddiſh colour; the

the leaves are elegant; they are of different ſizes in the various ſorts, but they are in all of a fine green, pointed at the extremeties, and not indented at the edges; they ſtand in great nnmbers, and in regular and beautiful order upon the branches; the flowers, which are large, white, and full of threads, are ſet on ſhort foot ſtalks, and in ſome of the varieties are double; they are ſucceeded by a round black berry, of the ſize of the largeſt pea, with a crown at the extremity oppoſite the ſtalk; the leaves, when bruiſed, emit a moſt agreeable fragrant ſmell. The leaves and berries of the mytle, but chiefly the latter, are uſed as medicines; they are cordial and aſtringent. A ſtrong infuſion of either is given with ſucceſs to ſtop a ſlight purging, and it is equally uſeful in ſtrengthening the ſtomach, and removing the complaint. The dried leaves, powdered, are excellent againſt the whites, and fallings down of the womb, or the gut at the fundament, and may be uſed both internally and externally. The berries are eſteemed a remedy for bloody fluxes, overflowings of the periodical diſcharges, ſpitting of blood, and other hæmorrhrrages. The infuſion hath alſo been recommended for defluctions on the breaſt, occaſioned by old catarrhs.

MISLETOE—This extraordinary plant is a native of Great Britain, not growing on the earth like herbs; but on the branches of trees, where it makes a very conſpicuous figure; it grows to the height or length of two feet, and is divided into many woody branches, covered with a yellow bark; theſe branches are of different ſizes, ſeldom exceeding the bigneſs of a finger, but generally much ſmaller; its whole figure is quite unlike the tree on which it grows in fruit, leaves, and bark; the branches divide and ſubdivide regularly by two, and are eaſily broken at the joints or diviſions, where the leaves, which are alſo yellowiſh, ſtand in pairs; they are fleſhy, of an oblong figure, narrow at the baſe, and broader towards the extremities; the flowers, which are yellow, and compoſed of four

four leaves each, are small and of indifferent appearance: they are succeeded by a white transparent round berry, of the size of pea; this, when ripe, is full of a tough clammy juice, and contains one heart-shaped seed; it grows upon the oak, the maple, the ash, the lime, the crab, the apple, and several other trees; but that which is on the oak is the most valuable; though perhaps, merely on account of the sacred respect in which it was held by the old druids. The leaves of the mistletoe, dried and powdered, are celebrated for curing the epilepsy or falling sickness. They are also recommended, in all nervous disorders, and the consequence of those complaints, whether palsy, apoplexy, giddiness, or convulsions; but if they are expected to afford relief, a proper time must be allowed for their operation, and for administering a sufficient quantity.

MOTHER of THYME is a little plant, frequently found wild upon heaths, commons, and way sides; and grows in little tufts, on dry hillocks; the stalks, which are round, slender, of a reddish colour, and from five to eight inches long, are very seldom erect; the leaves are small, of an oval figure, and grow in pairs at the joints; they are smooth, and of a lively green: the flowers, which are of a reddish purple colour, stand in loose spikes at the tops of stalks: the whole plant emits a very fragrant smell; the taste of it is aromatic and agreeable. There are two or three varieties of this plant; one with larger flowers; another with larger leaves; and a third, the leaves and branches of which are hairy; but they all possess the same virtues. It is said to be cephalic, stomachic, and diuretic, and to be an excellent medicine in palsies, epilepsies, and other nervous cases; it is recommended as a cure for the green sickness, and a great promoter of female evacuations. It may be used fresh or dry; an infusion of it is very agreeable to the palate, and persevered in will remove most of the common nervous disorders; and in particular, the night mare, a troublesome, obstinate, and disagreeable complaint, has

has been known to yield to this medicine. It is alſo ſaid to be uſeful in old coughs, and defluctions of the the lungs, and to ſtop ſpitting of blood. An oil is diſtilled from it which gives eaſe in the tooth-ache.

The MULBERRY Tree grows to a very large ſize, and very common in gardens; the branches are very numerous and ſpreading, and, as well as the trunk, are covered with a brown rough bark; the leaves are large, broad at the baſes, narrower or pointed at the extremities, and finely indented at the edges; the flowers are cloſe to the branches; theſe are followed by a large, oblong, juicy fruit, compoſed of a great number of ſmall grains ſet together in a round or oblong form; it is uſually black when ripe, but the juice is of a beautiful purple; there is alſo a kind with white fruit, but this is not common in Great Britain. The bark of the root, and the fruit are both uſed medicinally; the former is to be uſed freſh taken off, and being boiled in water to a ſtrong decoction, is ſaid to be of great ſervice in the jaundice, and to remove obſtructions of the liver, and other inteſtines. It operates by urine. The unripe fruit is a good aſtringent, and efficacious in ſtopping fluxes, and taking off inflammations from the mouth and throat; and a ſyrup made from the juice of the ripe fruit, with a proper qnantity of ſugar, is cooling, aſſiſts in quenching thirſt in fevers, and, mixed with water, makes an excellent gargle for ſore mouths.

MUSTARD is a very common plant, of a rough appearance which grows wild in many parts of England but it is kept alſo in gardens for the ſeed; it riſes to the height of a yard; the ſtalk is round, ſmooth, ſtout, of a pale colour, and much branched; the leaves are large, rough, hairy, and of a coarſe green, deeply indented, and placed irregularly on the ſtalk; they hang down, and are by no means elegant; the flowers, which are ſmall, being compoſed of four leaves each, are of a yellow colour, grow many together on the tops of the branches, but flower by degrees,

grees, ſo that before the whole blowing is finiſhed, the ſeed pods reach a conſiderable way down the ſtalk; they are of a ſquare figure, pointed at the ends full of round ſeed, of a dark brown colour, and biting taſte; the whole plant is of an acrid pungent taſte; the root is white, branched and full of fibres; it grows in waſte places, on the tops of old hedges, and among rubbiſh; flowers in June. The ſeeds of muſtard are uſed medicinally, and the common ſauce uſed under that name, is made of them; and this is extremely wholeſome, ſtrengthening the ſtomach and promoting the appetite; it is alſo of ſervice in diſorders of the head, apoplexies, letharges, and palſies. The ſeed, bruiſed, and taken in conſiderable quantities, either in wine or ale, operates by urine, and is an excellent remedy for rheumatic and ſcorbutic complaints. It alſo promotes the female diſcharges; and externally applied, is drawing and ripening; laid upon the tongue, bruiſed, it has been known to reſtore ſpeech to thoſe who have been unfortunately deprived of it by a paralytic ſeizure.

SWEET MARJORAM is a common plant, of no great beauty, but kept in gardens for kitchen uſe, and for the ſake of its virtue; it grows about a foot high; the ſtalks are ſtrong, upright, woody, and ſomewhat hairy; the leaves which are broad and ſhort, have alſo ſome hairs: they are of a light green, not indented at the edges, and of a fragrant and agreeable ſmell; at the ſummits of the branches a kind of ſoft ſcaly heads expand to about the length of three quarters of an inch; and from theſe the flowers riſe, which are white, and are ſucceeded by very ſmall ſeeds; the root is fibrous, and, as well as the reſt of the plant, is agreeably ſcented. The whole plant may be uſed freſh, and its virtues are extracted by infuſion. It is recommended to relieve head-aches, giddineſs, and all kinds of nervous complaints, and it has formerly been eſteemed a remedy for apoplexy, palſy, and other violent attacks in the head; but perhaps this may be attributed too much

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to it. It gently promotes the female periodical diſcharges, and removes all obſtructions of the liver, ſpleen, and other inteſtines. The dried herb may be uſed in powder for the ſame diſorders, but it certainly loſes ſome of its beſt qualities in this way.

WILD MARJORAM grows commonly in hedges and thickets, in many parts of the kingdom: yet it is ſuperior to that preſerved in gardens, both in beauty and virtues, and deſerves a place with it on both accounts. It riſes to the height of a foot and a half. The ſtalk is ſtrong, very erect, ſomewhat hairy, and of a brown colour inclining to purple; it is perfectly regular in its growth. The leaves, which are broad, ſhort, round, pointed, and of the ſize of a man's thumb nail, are of a deep green, and ſtand in pairs at every joint; they have long foot ſtalks; the flowers blow on the tops of the branches, ſtanding on long ſcaly heads of a beautiful figure and greeniſh purple colour; from different parts of the head riſe the flowers which are ſmall, but of a pleaſing red or purple colour; the whole plant has a fragrant ſmell and aromatic taſte, at leaſt equal to thoſe of ſweet marjoram. The freſh tops of the herb taken as tea are ſaid to ſtrengthen the ſtomach, and to be a good remedy againſt habitual colics; are alſo ſerviceable in violent and habitual head-aches, and in the long liſt of nervous complaints. They remove obſtructions of the breaſt, liver, and womb, are good in the jaundice, ſhortneſs of breath, and promote the monthly diſcharges. An oil is ſold in the ſhops under the name of oil of Origanum, but this is frequently made of garden thyme; however, it is very acrid, and a drop of it on lint, being laid on an aching tooth frequently gives relief.

MARIGOLD is a flower too common in every kitchen garden to require much deſcription; it riſes to a foot high; the ſtalks are large, angular, but not very upright; the leaves are long, rather narrow at the baſe, but broader at the extremities. The flowers, which are large and yellow, ſtand at the extre-

mities of the branches; the whole plant is of a light green, with a caſt of blue, and feels clammy to the touch; the root is full of fibres. The freſh gathered flowers of marigold, picked from the cups, and made into a tea, are preſcribed in fevers. They are mildly cordial, promote perſpiration, and were formerly given in ſyrup, to throw out eruptions, which were thought neceſſary to appear on the ſkin; but the practice of inoculation has ſhewn us, that it was a very miſtaken practice, to attempt filling the ſurface of the body with puſtules; the juice of the flower is recommended to cure the jaundice, to aſſiſt ſore or inflamed eyes, and to remove warts.

SYRIAN MASTIC THYME, or Marum is an elegant little plant, native of warmer countries, but is very common in the gardens and green-houſes of this country. It riſes to a foot high; the ſtalks are ſmall, woody, and whitiſh; the leaves ſtand in pairs at the joints, are ſmall, and in ſhape like thoſe of thyme, but of a pale green on the upper ſide, and white and hoary beneath; the flowers are ſmall and reddiſh, growing at the tops of the branches, in a kind of little ſpikes or cluſters, of an oblong form: they ſtand in large hoary white cups; the whole plant has a very acute but agreeable ſmell, and a taſte highly aromatic. Cats are ſo fond of this plant that they rub it to pieces whenever they can get at it. It is commended for all diſorders of the head and nerves. It is ſeldom taken internally; but is a principal and highly uſeful ingredient in cephalic ſnuff.

The MELON is a trailing herb or vine, and grows to the length of eight or ten feet; it is not erect but creeps on the ground; the ſtalks are anglar, large, and of a light green; the leaves are large and broad, rather round, but not ſo deeply divided as in moſt others of the creeping plants of this kind; the ſtalks are furniſhed with tendrils to lay hold of any thing that preſents itſelf; the flowers, which are very large and wide at the mouth, reſemble thoſe of a cucumber,

ber, and are of the ſame yellow colour; the fruit is well known at our tables, and is of various ſhapes and ſizes, ſome oblong, ſome nearly round, and others flattiſh at the ends; the different ſorts have alſo different ſurfaces, ſome ſmooth, and others rough. Melons contain many ſeeds, and a juicy pulp of ſweet, rich, and agreeable flavour. The ſeeds are uſed medicinally; are cooling and ſerviceable in fevers, and other inflammatory diſorders; they may be given in emulſions, beat up with barley water, in which way they make a good drink, which is alſo directed, and gives relief, in the gravel, ſtone, and ſtrangury.

NETTLE—Though it may ſeem unneceſſary to deſcribe a weed ſo well known, yet as it has many medicinal virtues, it ought not to be omitted; it riſes to three feet high; the ſtalks are angular and rough; the leaves, which ſtand in pairs, are large and of a regular ſhape, narrowing gradually from a broad baſe to a ſharp point, and finely indented about the edges; theſe as well as the ſtalks, are of a dull green, and both are covered with a kind of prickles, which eaſily make their way into the ſkin, and having at their baſes hollow bags of an acrid juice, it gets into the wounds and occaſions that ſwelling, inflammation, and pain, which the touch of the nettle always produces; theſe bags at the bottom of the prickles, are diſcoverable by the naked eye, on the ſtalk of a full grown nettle; but, by the help of a microſcope, they are ſeen on every part of the plant; the flowers of the nettle are of a yellowiſh white, ſmall and inconſiderable; the ſeeds are ſmall and round: but of theſe plants, ſome bear large flowers and no ſeed, other ſmaller flowers ſucceeded by the ſeeds; the root is ſpreading, ſmall, and fibrous. The nettle is ſaid to be cooling and aſtringent; the juice is recommended to reſtrain overflowings of the monthly diſcharges, and moſt other hæmorrhages and fluxes. The root taken in infuſion, works powerfully by urine, and is eſteemed a medicine highly efficacious

in the jaundice. The ſeed has been preſcribed in coughs, aſthmatic diſorders, and other complaints of the lungs.

DEADLY NIGHTSHADE—Though this plant may unqueſtionably be eſteemed poiſonous, yet even thoſe which ſeem to be the outcaſts of nature, in ſome inſtances act as her handmaid. This grows wild on banks, and by way ſides, and is of a dull and disagreeable appearance: it grows four or five feet high; the ſtalks are angular, and of a dark green colour. They are beſet with broad and flat leaves, reſembling in ſhape thoſe of the common nightſhade, but much larger, and of a dull dead green. The flowers are of a duſky brown, with a caſt of green on the outſide, and purpliſh within, are coarſe, hollow, and bell ſhaped, and ſtand ſingly on long foot-ſtalks, riſing from the boſom of the leaves. Theſe flowers are ſucceed by large, ſhining, round, and (when ripe) black berries, of the bigneſs of cherries, full of a pulpy matter of a ſweetiſh and mawkiſh taſte, intermixed with ſmall flat ſeeds; the root is long, thick, and ſpreading; it grows of ſeveral parts of England, upon banks and way ſides. The berries are of a poiſonous nature, and have often proved fatal to children; but, externally applied, the leaves are cooling and ſofting; of uſe to cleanſe the ſkin of ring-worms and tetters; and, as well as the common ſort, frequently uſed as poultices to hard ſwellings, and particularly thoſe of the breaſt: and as they have very great virtues in this reſpect, the plant ſhould be kept out of the way of children, or never be permitted to perfect fruit within their reach; as the leaves only are wanted.

The OAK. This noble and beatiful tree, a native of Great Britain, and conſtituting its higheſt ornament and chief defence, grows in ſome places very tall, but the diſpoſition of its branches are beautifully irregular. The trunk is very large: the branches, which generally ſpread in a circular form, are alſo large and frequently crooked; the bark is brown and unequal;

unequal; the leaves, which are large, of an oblong ſhape, broad and deeply indented at the edges, are of a ſhining and lively green colour; the flowers ſcarcely perceivable. The fruit is the acorn, and not the galls, or, as they are more commonly called, the apples, which are occaſioned by wounds made by an inſect. There are varieties of this tree: ſome bearing the fruit on long foot ſtalks, and the leaves on ſhort, and others the contrary. The bark of the oak is well known as a powerful aſtringent, ſtopping purgings, and reſtraining overflowing of the monthly diſcharges, for which it is to be given in powder. A decoction of it is recommended to help the falling down of the uvula, or palate of the mouth, and whenever a ſtyptic or very operative aſtringent is required, oak bark may claim the preference over most others; conſidering the many virtues it poſſeſſes in this way, it is aſtoniſhing that it ſhould be ſo little in uſe, and its qualities ſo ſeldom enquired into.

The ONION is a plant ſo well known in our gardens, that it requires no minute deſcription; it riſes about two feet, or two feet and a half high; the root is large, round, flat, and bulbous, being compoſed of ſeveral fleſhy coats one above another, the whole covered with a thin ſkin of a gloſſy brown colour, and having a bunch of fibres at the lower extremity: the leaves are hollow tubes, long, round, and of the ſize of a man's finger: the ſtalk is alſo round, and bears at the top a round cluſter of ſmall ſix leaved flowers of a mixed purpliſh and greeniſh colour, and each of theſe is ſucceeded by three ſquare black ſeeds. The whole plant is of a very ſtrong and pungent ſmell, and particularly the root, makes the eyes water of thoſe who are unaccuſtomed to peel or cut it. The roots are uſed medicinally; they are not only a wholeſome food, but aſſiſt in relieving old coughs and complaints of the breaſt. A ſyrup made of the juice of theſe roots with honey, is preſcribed for an aſthma, and beaten up with a little ſalt, they are applied as cataplaſms to burns and ſcalds with great ſucceſs.

PARSLEY

PARSLEY. A very common and medicinal herb, which grows to two feet in height: the leaves, which are compoſed of a vaſt number of ſmall parts, are divided into three, and then into a vaſt number of ſubdiviſions: they are of a lively green, and indented. The ſtalks, which are round, angular, or deeply channelled, ſmall and erect, are alſo much branched; the flowers, which are ſmall and white, ſtand in large tufts at the extremities of the branches; the ſeeds are roundiſh and channelled: the root is long and white, and ſomewhat fibrous. The roots are uſed in medicine, and are recommended in a ſtrong decoction for the jaundice. It operates powerfully as a diuretic, and removes obſtructions.

The WILD PARSNEP grows commonly about hedges and way ſides, and riſes to three feet high; the ſtalk is ſtraight, erect, round, channelled, and of a yellowiſh colour; the leaves, which are compoſed of many large diviſions, reſemble thoſe of the garden parſnep, but are much ſmaller and hairy; the flowers are ſmall and yellow, and grow not only on the tops of the ſtalks, but on the ſides, in large round tufts; the ſeeds are flat and of an oval figure like thoſe of the cultivated ſort; the root is long, white and well taſted, but not ſo large as the garden parſnep, and this is uſed in a ſtrong decoction which operates by urine, and removes internal obſtructions; it is recommended againſt the gravel and jaundice, and to bring down periodical diſcharges.

PENNY-ROYAL grows wild in marſhly places in moſt parts of England; it is alſo much cultivated in gardens; the ſtalks are a foot long, round, and ſometimes of a reddiſh colour; they commonly creep on the ground; the leaves are ſmall, broad, but pointed at the ends, ſtand two at a joint, and are of a pale green; the flowers grow round the joints, juſt above the leaves, in thick cluſters; they reſemble thoſe of mint, and are of a pale red, but the cups in which they ſtand are green and ſomewhat hairy. The whole plant has a very ſtrong penetrating ſmell,

and

and an aromatic though not diſagreeable taſte. Every part of this plant is uſed medicinally, either freſh or dried; but that which is found wild is ſaid to be more efficacious than the larger kind cultivated in our gardens. It may either be taken diſtilled to a ſimple water, or as tea. It operates by urine, and promotes the female diſcharges, as well the periodical as thoſe of child birth. It is an excellent remedy for aſthmatic complaints, coughs, and pains in the breaſt, and even the whooping cough has been relieved by a ſtrong decoction of it; it is eſteemed uſeful alſo in the colic, and to remove obſtructions.

The PINE Tree is a native of Italy, where it grows to a very great ſize, as well as in other parts of the world; it is in every plantation in England; and in North Britain the Scotch fir flouriſhes ſpontaneouſly; but this is not the ſame tree. The trunk of the true pine is covered with a rough bark of a dark brown colour; that on the branches is ſmoother, and more inclining to red; the leaves, which are long and ſlender, grow always two together from the baſe, or out of a common ſheath; they are of a green colour, with a blue caſt, and are ſomewhat hollow on the inner part; the flowers, which ſtand in a kind of tufts on the branches, are ſcarcely diſcoverable; the cones are brown, large, long, and obtuſe at the extremities; between the ſcales of theſe, certain white kernels are found of a ſweetiſh taſte, and covered with a brittle ſhell. Theſe kernels are the part uſed in medicine, and they are preſcribed in conſumptions, and by way of reſtorative, when the body has been worn out by diſeaſe; they may be beat up into an emulſion with barley water, and are recommended alſo for coughs and hoarſeneſs, and for retention and heat of urine.

The BROAD-LEAVED PLANTAIN grows commonly by way-ſides, and has broad ſhort leaves, and ſmall but long ſpikes of brown ſeeds. The leaves riſe immediately from the root, the ſtalk bearing none; theſe

theſe leaves are of a figure inclining to oval, and indented at the edges, but without regularity, and ſometimes ſcarce at all: theſe leaves have ſeveral large ribs not growing ſideways from the middle one, but all lengthways in the ſame direction, from the baſe of the leaf towards the point; the ſtalks riſe a foot high, but one half is naked, and the upper part thick ſet with flowers of an inconſiderable ſize and mean appearance, and a greeniſh colour, with a peculiar caſt of whiteneſs; theſe are ſucceeded by ſeeds, which are brown and very ſmall. The virtues of this plant have been highly extolled; every part of it may be uſed, but it is beſt freſh; and in that ſtate a decoction of it in water may be uſeful to reſtrain overflowings of the monthly diſcharges, violent purgings, with bloody ſtools, and vomiting of blood, and all other internal hæmorrhages, as well as the bleeding of the piles, and other diſorders of the like kind. There is alſo another ſort of plantain which has ſhort flowery ſpikes, and leaves broader and ſomewhat hairy. This poſſeſſes as much virtue as the kind before deſcribed. And beſides both theſe there is the narrow-leaved plantain; but this poſſeſſes leſs virtues than either of the other ſorts.

The POMPKIN is a large, ſtraggling plant, cultivated by poor people in many parts of England. The ſtalks, which are very long and thick, lie upon the ground, are angular, rough, and take up a great deal of room; the leaves are extremely large, of a roundiſh figure, reſemble thoſe of the onion, but pointed at the corners; they are of a dark green, and ſomewhat rough to the touch; the flowers are very large, and in ſhape and colour like a yellow lilly; the ſtalks are furniſhed with tendrils or holders; the fruit, which is of the melon kind, only bigger, is round, and of a deep green before it ripens, when it turns yellow; the contents are a fleſhy ſubſtance, among which are contained many large, white, oval, flat ſeeds; it is commonly ſown on dun-hills, and the fruit ripens in September or October. Of the fleſhy part of the fruit,

fruit, mixed with a quantity of four apples, the common people ſometimes make pies. The ſeeds are ſaid to be uſeful in medicine, being cooling and diuretic; they are taken in emulſions made with barley-water, and makes the mixture as milky as almonds; ſome people perfer them to all the cold ſeeds for ſtranguries and heat of urine.

The BLACK POPLAR Tree grows frequently about waters, riſing to a very conſiderable ſize, and making a handſome appearance; the bark on the trunk is ſmooth and pale; the branches, which are numerous, ſeem to ſhoot in a form of natural regularity; the leaves are ſmooth and ſhining, ſtand on long foot ſtalks, are ſhort and broad, round at the baſe, but terminating in a point; both the branches and leaves are ſubject to large ſwellings or excreſcences, occaſioned by ſmall inſects; the flowers are inconſiderable, and the catkins which bear them and the ſeeds are longiſh and looſe; they appear early in the ſpring, and are little noticed. The leaves and buds of the black poplar are uſed in poultices with other herbs, and applied to hard painful ſwelling; but their efficacy is rather doubtful. An opinion has prevailed, that a decoction of the buds will aſſiſt the growth of the hair, and make it thick.

The WHITE, or GARDEN POPPY is a native of warmer climates, but cultivated in our gardens for medicinal uſes; it riſes to the height of four or five feet; the ſtalk is round, ſmooth, erect, and of a bluiſh caſt; the leaves, which are very long, and of proportionate breadth, are deeply and irregularly notched and divided at the edges, and are nearly of the ſame colour as the ſtalks; they ſtand on the ſtalk irregularly, and in ſome meaſure encompaſs it; the flowers are very large, white, and ſtand ſingly at the tops of the ſeveral diviſions of the ſtalk into branches; theſe flowers hang down, but become erect as they expand: each of them conſiſts of four large white leaves, incloſed in two ſhining huſks or films, which drop off

as the flower opens, and are ſhortly ſucceeded by the flower itſelf, and when that is fallen, the ſeed veſſel or poppy head grows to the bigneſs of a large apple, having a kind of crown on the head, and being divided by membranes into ſeveral partitions, each of which contains a great quantity of ſmall whitiſh ſeeds; the whole plant is full of a thick milky juice, of a ſtrong, bitter, and acrid taſte, much reſembling that of opium; and as well as the ſmell, equally agreeable. The heads, and ſometimes the ſeeds, are uſed medicinally in this country; the former, boiled in water, make the ſyrup of diacodium; for this purpoſe the heads are dried, and the decoction is made as ſtrong as poſſible, and then brought to a ſyrup with ſugar. The ſeeds are beaten up in emulſions, and are ſaid to be uſeful againſt ſtranguries and heat of urine; and theſe do not poſſeſs the ſleepy quality of the ſyrups, nor of the other parts or preparations of the poppy. Syrup of diacodium inclines thoſe who take it to ſleep, but in a much leſs degree than opium or laudanum, and is therefore a ſafer medicine. Opium, the beſt ſort of which is imported from Turkey, is the milky juice of this plant hardened. It is obtained by making inciſions into the heads while they are ſtill upon the plant; and the milky juice which flows out of the wounds is thickened by the ſun, and in that ſtate is gathered and mixed together in thoſe lumps in which it is brought to England. An inferior kind is alſo made by bruiſing and ſqueezing the heads and liquid. Liquid laudanum, or, as it was formerly called, the thebaic tincture, is a tincture of this opium made with wine; both this and the ſolid opium are indifferently given to compoſe the ſick to ſleep, and to abate the torturing ſenſe of pain. They are alſo cordial, promote perſpiration, and reſtrain violent purgings and vomitings; but in all caſes they ſhould be adminiſtered with great care and caution, for they are very powerful, and in thoſe laſt mentioned, in very ſmall doſes, however frequently it may be neceſſary to repeat them. Opium, muſk, and cinnabar,

are

are the medicines which ſeem moſt to be depended on for the cure of the bite of a mad dog; but it does not appear that the effect of them is certain, after the ſymptoms of madneſs have appeared. It is ſaid they have in ſome inſtances ſucceeded, but they have failed in many more. In the locked jaw, and other violent ſpaſmodic attacks, even the external uſe of it is recommended, as well as the internal.

The BLACK POPPY, though not ſo elegant as the former, is alſo a beautiful exotic plant; it does not grow above a yard high; the ſtalk which is round, ſtraight, ſtrong, ſmooth, and divides, towards the top into ſeveral branches; the leaves, which in proportion to its ſize are as long and broad as thoſe of the white poppy, are of a bluiſh green, deeply and irregularly indented at the edges; the flowers, however, are very different; they are large and ſingle, of a dull purple colour, with a black bottom; the heads or ſeed veſſels are round, but ſeldom exceed the bigneſs of a walnut and contain black ſeeds. This poppy is ſeldom uſed, though the ſyrup of it inclines to ſleep more ſtrongly than the common diacodium. The gentle operation of that medicine has recommended it, and when a more powerful one is neceſſary, opium or laudanum are the moſt effectual.

The RED or WILD POPPY is a plant univerſally known, being found in corn fields, where its large ſcarlet flowers are very diſtinguiſhable; it grows about a foot high; the ſtalk is round, ſlender, rough, branched, ſomewhat hairy, and of a pale green. The leaves are long, narrow, of a dull green, hairy alſo, and very deeply but regularly divided into ſeven or nine parts, that at the extremity being the largeſt. The flowers are large, and of a beautiful bright ſcarlet colour, with a black ſpot towards the bottom; the head ſeldom exceeds the ſize of a large pea, and contains many ſmall dark coloured ſeeds; the ſtalks and leaves are full of a bitter yellow juice, of a ſtrong ſmell, but not ſo powerful as that of the two laſt mentioned plants, though it is diſtinguiſhable enough to

be of the opium kind. A ſyrup is made from the flowers, by plucking them from the cups, and pouring as much boiling water on them as will juſt cover them after they are cloſely preſſed down in the veſſel; after it has ſtood a night, the liquor may be ſtrained off and boiled to a ſyrup, with a proper quantity of ſugar, : this ſyrup gently promotes ſleep, and being a much leſs powerful medicine than the diacodium, it is highly recommended in pleuriſies and fevers; but as it appears without any good foundation. Its principal, and perhaps only, virtue, it its ſleeping quality.

The PRIMROSE is a beautiful early ſpring flower and univerſally known. The leaves are of conſiderable length and breadth, of a pale green above, but whitiſh beneath, and wrinkled on their ſurface; they ſpring immediately from the root in great numbers; the ſtalks, each of which ſupports a ſingle flower, are ſlender, about four or five inches high, ſomewhat hairy, and naked of leaves: the flower is large, beatiful, and of a very pale yellow colour, with a yellow ſpot in the middle; the root is fibrous and whitiſh; it grows in every hedge and thicket, and flowers in March and April. The root is uſed medicinally; the juice of it being ſnuffed up the noſe, brings on ſneezing, and is ſaid to relieve violent head aches. It may alſo be dried and powered, but is not ſo powerful in that ſtate.

PURSLAIN is a common garden plant, uſed in ſallad, and of a very extraordinary appearance; it grows about a foot long, but great part of it trails on the ground; the ſtalks are large, round, and fleſhy, of a reddiſh colour, and extremely brittle; the leaves, are ſhort and broad, blunt at the ends, of a lively green, thick and fleſhy; the flowers are ſmall, of a yellow colour, and ſtand among the leaves on the ſummits of the ſtalks; theſe are ſucceeded by roundiſh ſeed veſſels, containing ſmall, black, and ill-ſhaped ſeeds; the roots are ſmall, fibrous, and of a whitiſh colour. It is ſaid to be an excellent remedy for the

ſcurvy,

ſcurvy; the juice expreſſed from the freſh herb, and mixed with a little white wine, works by urine, and is preſcribed to relieve ſtranguries and heat of urine; and in this way alſo is good againſt the ſcurvy. The ſeed is cooling and aſtringent, and is ſuppoſed to deſtroy worms.

The RADISH—The root of this common plant is eaten in great abundance in the ſpring: and at this ſeaſon is long and ſlender, of a purple, ſcarlet, or pink colour, (for there are different ſorts) on the parts next the leaves and white below. From theſe roots ſpring a quantity of large, rough, hairy leaves of a dark green colour, and irregularly divided; among theſe, as the plant draws to maturity, riſes the ſtalk, which is ſome times three feet high, round and much branched. The leaves on it are of a much ſmaller ſize than thoſe from the root, The flowers, which are each compoſed of four leaves, are very numerous, ſmall, and white, with ſome ſpots of red; theſe are ſucceeded by rather large, light, pointed ſeed veſſels, incloſing reddiſh brown ſeeds of an oval ſhape, and about as large again as a rape ſeed. The juice of the freſh roots mixed with white wine, is reputed an excellent remedy againſt the gravel, ſcarce any thing operating more ſpeedily and powerfully by urine, or is more ſucceſsful in aſſiſting the diſcharge of ſmall ſtones. But in the way theſe roots are commonly eaten they are windy and unwholeſome.

HORSE RADISH is a plant well known in our gardens, and grows wild alſo in ſome places near rivers and other waters; the root is very long, of an hot, biting taſte, pungent volatile ſmell, ſo that it affects the eyes of thoſe who ſcrape it, and brings on ſneezing. The leaves are two feet long, and half a foot broad; they are of a deep green, obtuſe at the points, and in ſome lightly indented at the edges, in others deeply cut and divided; the ſtalks riſe to the height of three feet, bearing very ſmall, narrow leaves, and at the tops ſtand long ſpikes of ſmall white flowers; theſe are ſucceeded by little ſeed veſſels, but the plant does

does not conſtantly flower, and when it does, the ſeeds ſcarcely ever arrive at perfection. It is propagated by the root, the ſmalleſt portion or even a fibre of which will become a plant. The juice of the root of horſe radiſh is a very powerful diuretic, and is preſcribed for the jaundice and dropſy. Whole or ſliced, it is put into diet drinks to ſweeten the blood; and eaten frequently, and in quantities, with meat, it is a good remedy for the rheumatiſm. The root ſcraped is uſed in ſinapiſms and hot poultices to the feet in many diſorders.

The RASBERRY Buſh is very common in gardens, and grows wild alſo in ſome parts of England; the ſtalks are round, ſtraight, brittle, of a pale brown, and prickly; the leaves are divided into five parts on the foot ſtalk, are of a pale green, full of high veins, indented about the edges, and hairy; the flowers are ſmall, conſiſt each of five leaves, and are of a whitiſh colour, with many threads in the middle; the fruit is compoſed of ſeveral grains; it is ſoft to the touch, and of a delicate taſte, and delightful ſmell. Theſe berries are of two ſorts, red and white. The juice of the ripe fruit boiled to a ſyrup, is pleaſant, agreeable, and wholeſome to the ſtomach, corrects ſickneſs, and ſtops vomiting.

The COMMON REED grows by the ſides of rivers, and in watery places; the roots are thick, knotty, and jointed; the ſtalks are round, hard, jointed, and five or ſix feet high; the leaves are long, rough, hard, and narrow, like thoſe of graſs; of a light green, and much ribbed; the flowers, which are brown and chaffy, ſtand in huſky ſpikes on the tops of ſtalks, which are bent down by weight. No ſeeds are diſcoverable. This plant is not often uſed in medicine, though the juice of the freſh roots is ſaid to promote the periodical diſcharges effectually but not violently. It operates by urine; and is a good remedy for ſtranguries, gravel, and heat of urine.

The DOG ROSE, or Wild Roſe, grows in every hegde; the ſtalks or ſtems are round, woody, and very

very thickly armed with prickles; the leaves are compoſed each of ſeveral ſmaller, ſtanding in pairs on a common rib, with an odd leaf at the end; they are ſmall, of an oblong ſhape, a lively green, and indented with beautiful regularity at the edges. The flowers, which are ſingle, large, and elegant, are white, with a faint bluiſh red; theſe are ſucceeded by a fruit, which is the common hip; it is red, oblong, and contains a great quantity of hairy ſeeds in a fine and acid pulp. This fruit is the only part uſed medicinally; the pulp being ſeperated from the ſkins and ſeeds, is made into a conſerve with ſugar, and becomes a pleaſant medicine, as is of conſiderable efficacy in removing coughs. It is alſo uſeful and agreeable to quench violent thirſt in fevers; it is alſo good for all complaints of the breaſt, and is eſteemed an antiſcorbutic. Nor are other parts of this plant deficient in virtues if they were tried; the buds gathered before they are open, and dried, would afford an excellent aſtringent, and much more powerful than the red roſes, which are commonly dried for this purpoſe. A ſtrong infuſion of theſe dried buds, and the powder of others, adminiſtered twice a day, is an efficacious medicine to reſtrain overflowings of the monthly diſcharges, ſeldom failing to effect a cure. The ſeeds being ſeparated from the pulp, dried and powdered, operate by urine, and are preſcribed againſt the gravel, but they are not very powerful. There is ſtill another medicinal production of the dog roſe trees, and this is a kind of ſpungy fibrous tuft, of a green or reddiſh colour, which is found on the branches of this ſhrub, and is called bedeguar, Many of theſe are ſometimes ſeen on the ſame tree, and they are cauſed by wounds made by inſects in the ſtalks, as the galls are produced upon the oak. Theſe tufts or excreſcences are aſtringent, and given in powder are ſaid to ſtop fluxes.

ROSEMARY is a ſhrub which, though not a natives of Great Britain, is found in every garden; it grows wild in Spain, France, and Italy, and even in

in this country riſes to the height of ſix or ſeven feet, but is weak, and does not ſupport itſelf in an upright form; the trunk is covered with a rough brown bark; the leaves, which ſtand very thick on brittle and ſlender branches, are narrow; about an inch long, and rather thick; they are of a deep green on the upper ſurface, and hoary or ſilvery beneath; the flowers ſtand among the leaves on all parts of the branches, but moſtly towards the tops; they are large and beautiful, of a pale purple, and very agreeable ſmell; the whole plant has a very pretty appearance when in full blow. The tops of roſemary, when in full flower, are thought to contain its greateſt virtue; and being uſed for tea a conſiderable length of time, are excellent againſt violent head aches, convulſions, tremblings, and all other nervous complaints; a conſerve mayalſo be made of them, which will anſwer the ſame purpoſes; but it ſhould not be compoſed of the picked flowers only, the flowers and tops of the branches together have more virtue; the flowery tops of roſemary are the principal ingredients in Hungary water, which is made by putting two pouuds of theſe into a common ſtill with two gallons of melaſſes ſpirit; and this may be diſtilled to one gallon and a pint.

RUE is a ſhrub found in moſt gardens, where it grows to the height of three or four feet; the ſtem is ſtrong, woody, tough, and covered with a whitiſh bark; the branches are numerous, the young ſhoots are round, green, and ſmooth; but as they grow older they aſſume the apearance of the ſtem; the leaves are compoſed of many ſmall, obtuſe diviſions, of a bluiſh green, ſmooth, and of a fleſhy ſubſtance; the flowers each of which is compoſed of four hollow leaves, are yellow, and though not large are very conſpicuous; they have eight threads in the centre, which furrouud a green head, appearing to be cut or divided into four parts, each full of holes, and containing ſmall, black, rough ſeeds. The root is woody and fibrous. Rue ſhould be uſed freſh gathered, the tops of the young

young ſhoots containing moſt virtue. They may be given in infuſion, or made into a conſerve with ſugar, and taken in that form. The infuſion is recommended as a very good medicine in fevers, raiſing the ſpirits, and promoting perſpiration, but it is too hot for modern practice to anſwer this purpoſe, as it drives out eruptions too violently. It is alſo preſcribed in headaches, nervous diſorders, convulſions, and hyſterics. The conſerve is recommended for weakneſſes of the ſtomach, and pains in the bowels; and ſaid to expel poiſon, and cure the bites of mad animals and venomous reptiles. It is not diſagreeable, and may be taken frequently by perſons ſubject to the diſorders above mentioned, with advantage.

SAFFRON is a plant, of the ſame kind with the flowers which are called crocuſes in the gardens. It is cultivated in fields in ſome parts of England, particularly in Eſſex and Cambridgeſhire, and produces a very conſiderable profit; the flowers appear in autumn, but the leaves are not viſible till ſome time after the flowers are fallen; theſe flowers riſe immediately from the root, and have no ſtalk; the root is round, bulbous, and about the ſize of a large nutmeg, with many white fibres at its flat bottom; the flowers are incloſſed in a thin ſkin or huſk, and are compoſed of ſix long but round pointed purple leaves; in the centre of theſe ſtand three threads with yellow tops, but theſe are uſeleſs; between them, however, riſes up what is called the piſtil of the flower, which at its top ſeparates into three long threads of an orange or fiery red colour, and theſe are the true ſaffron. They are carefully taken out of the flower and preſſed into cakes, after having undergone a particular proceſs, in which cakes it is ſold under the name of Engliſh ſaffron, and is eſteemed the beſt in the world. The leaves, which follow the flowers, are long and graſſy, of a deep green, and very narrow. Saffron is a noble cordial, ſtrengthening the heart and vital ſpirits, and reſiſting putrefaction; it was formerly given in all eruptive diſorders to drive out the puſtules, but that has long been

thought unneceſſary; it removes obſtruction of the liver and ſpleen, and cures the jaundice; it is uſeful in conſumptive caſes, aſthma, and difficulty of breathing; externally applied it moderates pain, and ripens abſceſſes and tumours.

RED SAGE is common in gardens, and grows to a foot or two high, and is full of branches. The ſtem is hard, woody, tough, and covered with a brown rough bark. The leaves are of an oblong form, rough, and wrinkled; they ſtand on long foot-ſtalks, and are ſometimes of a hoary green, and ſometimes of a reddiſh purple colour. The flowers grows on long ſtalks which riſe only at a particular ſeaſon of the year, and ſtand above the reſt of the plant; they are large and blue, ſet in large clammy cups, and are of the figure of the dead nettle flowers, but more open. The whole plant has a very agreeable ſmell. The leaves and tops are uſed medicinally, and are beſt freſh; the uſual way of taking them is in infuſion or tea, and this ſeems to be better than any other. This herb is cordial, and good for moſt diſeaſes of the head and nerves, palſy, convulſions, and tremblings; it alſo promotes perſpiration. A ſtrong decoction, or the juice of the leaves, act diuretically, and removes obſtructions. Sage tea is a common drink in fevers, but ſhould not be given in conſiderable quantities in the ſmall pox and other eruptive diſorders, where it is not adviſeable to load the ſkin with puſtules, as it aſſiſts in throwing out eruptions.

SAVINE is a ſhrub found in our garden, where it continues green all the winter; the trunk is covered with a brown or reddiſh bark; the branches, which are numerous, and ſtand irregularly, bear ſmall narrow leaves, of a dark green and prickly; they are ſometimes like thoſe of cyhpreſs, and emit a ſtrong ſmell; the flowers are very ſmall, moſſy, of a greeniſh yellow, and are ſucceeded by ſmall berries, which are black when ripe, and covered with a bluiſh duſt, like the bloom of a plum; but theſe berries ſeldom come to perfection. The tops of the young branches have

have been formerly uſed medicinally, and were commonly given in tea, but they ſo very powerfully promote the periodical diſcharges, as to be very dangerous to women with child, frequently cauſing abortion, weakneſſes, &c.; it is therefore very properly out of uſe. The common people give the juice with milk to children to deſtroy worms. It operates by ſtool, and often brings worms away with it; but it is a very rough medicine, and not fit for children of tender conſtitutions.

Summer SAVORY grows in every kitchen garden; it ſeldom exceeds a foot high; the ſtalks are numerous, hard, woody, and brown towards the tops; the leaves are long, narrow, ſtand in pair sat the joints, and the baſes of them are fnll of young leaves; the flowers are white with a tinge of red, grow on the upper part of the ſtalks between the leaves, and each flower is ſucceeded by four ſmall dark brown ſeeds. It flowers in June, and the whole plant has an agreeable ſmall and grateful taſte. The leaves and ſtems are uſed medicinally; an infuſion drank by way of tea, is ſaid to relieve colic pains, expel wind from the ſtomach and bowels, aſſiſt ſhortneſs of breath, remove obſtructions, and promote the periodical evacuations. Winter ſavory differs little from the above deſcribed, and has much the ſame virtues.

Garden SCURVY GRASS grows wild about the ſea coaſts in the north of England and is alſo kept in our gardens; it riſes a foot high; the ſtalks are round, feeble, and green; the leaves riſe from the root, ſtand in large tufts, on long foot ſtalks, are round, of a lively green, full of juice, and appearing hollow, ſo as ſomewhat to reſemble a ſpoon; the ſtalk bears but few leaves, and they are more angular and pointed than thoſe which riſe from the root; the flowers ſtand at the tops of the ſtalks, grow in ſmall cluſters, and conſiſt of four white, ſmall, bright leaves; they are ſucceeded by ſmall, round, ſpreading ſeed veſſels, containing little round ſeeds; the leaves and flowers have a hot acrid taſte; the root is long and fibrous.

The leaves and ſtalks are uſed freſh ; and an infuſion, or the juice of them, is an excellent remedy for the ſcurvy and all other foulneſſes of the blood, cleanſing the ſkin from pimples, ſcabs. and eruptions. If the juice is taken, it may be rendered pleaſant by mixing with it orange or lemon juice and ſugar, and in this way it ſhould be given every day for ſeveral weeks in the ſpring. to thoſe who have ſcorbutic habits.

SELF HEAL grows every where in meadows, paſtures, and way ſides. It has a ſlender fibrous creeping root, and ſeldom grows above ſix inches high; the ſtalk is angular and hairy, and has a few leaves, which ſtand in pairs upon it, but theſe ſeldom amount to more than two or three pairs ; a much greater quantity however ſpring immediately from the root ; they are oblong, broad in the middle, narrow at the baſes and extremities, and not at all indented at the edges; the flowers are ſmall, ſtand in a kind of ſhort ſpikes or heads at the tops of the branches, and the cups which contain them are purpliſh ; each flower is ſucceeded by four longiſh brown ſeeds in the bottom of the cup. A ſtrong decoction of the leaves of this plant is aſtringent, reſtrains purgings, accompanied with acrid or bloody ſtools, and ſtops the overflowings of the monthly diſcharges. The juice may alſo be taken for the ſame purpoſes, and is perhaps more efficacious. The dried herb may be made into an infuſion, and ſweetened with honey as a gargle for a ſore throat or ulcearated mouth. The juice, or an ointment made from it, has been eſteemed a good dreſſing for old ulcers and ſores.

SKIRRET is a plant kept in our kitchen gardens, the roots being commonly brought to table ; it grows three or four feet high ; the ſtalk is round, hollow, channelled, and branched : the leaves are winged, and each compoſed of three or five ſmaller, the pair or pairs being ſet oppoſite to each other, and one larger at the end ; theſe ſmall leaves are oblong, indented at the edges, and ſharp pointed ; the flowers are of a greeniſh white, ſmall, and ſtand in round cluſters at the

the extremities of the branches; the root is of a peculiar form, being divided into ſeveral long parts like carrots, but of a white colour, they are agreeably taſted and ſomewhat like parſnips. A decoction of the roots is ſaid to be diuretic, and to relieve the pains of the gravel. Boiled in milk they are ſtrongly recommended as a reſtorative to perſons who have been reduced by long or violent illneſs.

The SLOE Tree is common in every hedge, and known by the name of the black thorn; it is a plum tree, though of inferior ſize, ſeldom growing above five or ſix feet high; the trunk and branches are covered with a black or purpliſh bark; the leaves are ſmall, nearly round, of a pleaſant green, and beautifully but lightly indented about the edges: the flowers, which appear early in the ſpring, even before the leaves, conſiſt each of five leaves, and are ſmall and white; the fruit is a plumb of a very diminutive ſize, and auſtere taſte when unripe, but pleaſant when mellow. The juice of the unripe ſloe is eſteemed a very good aſtringent, and is recommended for fluxes and internal hæmorrages. It may be made into a ſyrup with ſugar, or boiled down to a conſiſtance, in which way it will keep the whole year; and is a dark colour on the out ſide, but reddiſh and tranſparent within.

SMALLAGE grows wild about ditch ſides and in watery places; the root is about the ſize of a finger, wrinkled and ſtriking deep into the ground, and from it ſprings many leaves, which are winged in the manner of celery leaves; the ſtalk is ſometimes two feet and a half in height, and is round, ſmooth, channelled, ſomewhat angular, and branched; it bears ſome leaves like thoſe from the root, compoſed of many broad and indented parts, but thoſe are ſmaller; the flowers are ſmall, of a faint yellow, ſtand in little cluſters at the diviſions of the branches, and are ſucceeded by ſmall channelled ſeeds of a light colour and biting or hot taſte. The roots and leaves are uſed as diuretics; a ſtrong infuſion of them, freſh gathered,

gathered, operating briſky by urine, and in this way are eſteemed good againſt the gravel, ſtone, and ſtoppage of urine. The infuſion of this plant is alſo recommended to remove obſtructions and aſſiſt in the cure of the jaundice or dropſy. The ſeeds dried expel wind, eaſe colic pains, and ſtrengthen the ſtomach. The whole plant is antiſcorbutic.

SNEEZE WORT, or Field Pellitory grows wild in wet meadows, and watery places; the root is woody, creeping, and fibrous; the ſtalk grows near two feet high, is firm, erect, and very little branched; the leaves are very numerous, ſtand without regularity, are an inch or more in length but very narrow, rough to the touch, of a lively green, and ſively indented about the edges; the flowers ſtand in cluſters at the tops of the ſtalks, are much like, but leſs than daiſies, and are of a whitiſh colour; it flowers in July, The leaves of ſneeze wort are of a hot biting taſte; dried and powdered, they may be taken by way of ſnuff, to promote ſneezing, and are a remedy for the head-ache. The roots dried, are almoſt as hot as pellitory of Spain, like which they cure the tooth-ache: a piece held in the mouth drawing off the cold rheum, and bringing immediately relief.

SORREL grows every where in paſtures and meadows, and flowers in May or June; it riſes ſometimes a foot and a half high; the ſtalk is long, ſlender, channelled, upright, and a little branched; the leaves are of a dark green, broad, oblong, ſharp pointed, having two ears at the baſe like ſpinage, and not at all indented about the edges; the flowers grow at the tops of the ſtalks, in a long reddiſh ſpike like thoſe of docks, a ſmall kind of which it generally reſembles; the flowers are full of threads, and are ſucceeded by ſmall gloſſy tri-angular, huſky ſeeds; the root is about the ſize of a finger, of a yellowiſh brown, and fibrous; the whole plant is of an agreeable acid taſte; the leaves may be eaten as a ſallad, or the juice taken, and in either way ſorrel is an excellent antiſcorbutic; the ſeeds are aſtringent, and may be adminiſtered in powder

powder to reſtrain fluxes ; the roots dried and powdered poſſeſs alſo the ſame quality, and check overflowings of the monthly diſcharges, and other internal bleedings. There are other kinds of ſorrel, of nearly the ſame taſte, and poſſeſſing the ſame virtues. One of theſe is called ſheep ſorrel, and grows commonly on dry banks, being little diſtinguiſhable from the former but by its inferiority in ſize. Another is large, with broad leaves, and commonly called garden ſorrel, or round leaved ſorrel, and this is all reſpects equal to the common kind. But beſides theſe there is another plant, which, though called a ſorrel, differs ſo widely from all the other ſorts, that it requires a ſeparate deſcription.

WOOD SORREL is a beautiful little plant, growing about wood ſides, and in ſhady watery lanes ; the root of this plant is long, ſcaly, and fibrous, and the leaves ſpring in conſiderable numbers from it, ſtanding three together upon a ſeparate long and ſlender foot ſtalk, of a reddiſh colour ; each of theſe leaves or diviſions is in the ſhape of a heart, which is alſo indented, hanging downwards, and the three ſmall ends drawing together on the ſummit of the ſtalk. The flowers, which are whitiſh, tinged with light purple, and moſt beautifully veined with a darker, conſiſt of a ſingle leaf divided into five parts, and ſtand alſo on ſingle ſtalks, riſing immediately from the root ; the flowers are ſucceeded by large ſeed-veſſels, which, when ripe, burſt aſunder with the leaſt touch, and the ſmall round ſeeds are ſcattered about. It flowers in April and May. The leaves are ſuppoſed to excel all the other kinds of ſorrel in medicinal virtues. Beaten up with three times their weight of ſugar they make an excellent conſerve, or an admirably agreeable ſyrup may be made from the juice of them ; either of theſe is good to quench thirſt in fevers, to alleviate violent heat, and excite an appetite, as they ſtrengthen the ſtomach. This plant has alſo the ſame virtues with the other ſorts, and is equally recommended as a remedy for the ſcurvy, to ſweeten the blood,

blood, and to remove thoſe obſtructions which occaſion jaundice, dropſy, and other diſorders of the like kind.

SOUTHERNWOOD, though a native of warmer parts of Europe, flouriſhes as well in our gardens as in its natural ſoil; the ſtem is woody, tough, and covered with a rough brown bark; the leaves are divided into fine tender parts; theſe are of a pale green above and hoary beneath, and a ſtrong but not diſagreeable ſmell: the flowers, which grow in numbers on the tops of the branches, conſiſt of little heads of a yellowiſh green, and contain ſmall, longiſh, heavy ſeeds, without down, and of a pale brown colour. The leaves and tops of the young branches are uſed medicinally in decoction, which is ſaid to be good againſt worms, but it is a very unpleaſant medicine, though it may be made leſs diſagreeable in the form of a conſerve, and in this way is recommended againſt nervous and hyſteric complaints. This plant was formerly eſteemed an antidote againſt poiſons, the bites of venomous reptiles, and mortifications, and it has been ſuppoſed to poſſeſs diuretic qualities; but it is now chiefly uſed in warm ointments and fomentations.

SPINAGE is a well known herb in our kitchen gardens. It ſometimes reaches the height of two feet The ſtalk is round, thick, and fat or full of juice. The leaves are broad and cleft at the baſes, and reſemble an arrow's head. The flowers are greeniſh, and without beauty, but this is one of thoſe plants which are diſtinguiſhed into male and female. The ſeeds are large and prickly, and grow only on particular plants. The root is white and long. The leaves are commonly eaten at table, and are very wholeſome; the juice of them is recommended as a medicine operating by urine, and relieving the gravel. The leaves are cooling and opening.

The STRAWBERRY Plant is equally well known in its wild ſtate and in gardens; it has ſmall reddiſh roots which have fibres at every joint, and theſe take root

root and propagate the plant; from theſe roots ſpring the leaves, which ſtand three together on every foot ſtalk, and are large, broad, ſharp at the points, and indented about the edges; at their firſt ſpringing up they are folded together, but ſoon expand, and appear full of veins; the flowers are white; they ſtand four or five together upon a long foot ſtalk, riſing immediately from the root; they are white, each compoſed of five leaves moderately large, and have ſeveral yellow threads in the middle; the fruit is well known; when ripe it is red, of a pleaſant, tart, grateful taſte, and delightfully fragrant ſmell, with many ſmall greeniſh ſeeds on the outſide of it. An infuſion is made of the freſh leaves, to waſh or gargle ſore mouths, or ulcerated throats and gums. This infuſion is ſaid to be diuretic, and to be ſerviceable againſt the jaundice. The fruit is cooling and wholeſome, and may be eaten to quench thirſt and allay heat in fevers.

SHEPHERD's PURSE is a very common wild plant, which overt-runs every garden, court-yard, wall, hedge, and heaps of rubbiſh; the leaves are ſpread flat on the ground, in a round form, they are three or four inches long, but very broad, and generally deeply indented at the edges, but in this there is conſiderable variation; the ſtalks, which are round and ſlender, but erect, grow about eight or ten inches high, and have only a few ſharp pointed leaves, without foot ſtalks on them; the flowers, which are white, ſmall, and compoſed each of four little leaves, ſtand at the tops in ſmall cluſters; below there is commonly a kind of ſpike of the ſeed veſſels, three of which ſucceed each flower, and are ſhort, broad, and of the figure of a bag or purſe, containing a number of very ſmall reddiſh ſeeds; the root is white, fibrous, and almoſt taſteleſs. Shepherd's purſe is recommended as cooling and aſtringent, and is ſaid to be good againſt ſuch purgings as are attended with ſharp and bloody ſtools. It is alſo preſcribed to reſtrain the bleedings of the piles, the overflowings of the periodical diſ-

charges, and other internal hæmorrhages. It may be given in infuſion, or the expreſſed juice; in the former way it has been eſteemed uſeful in fevers.

SOW THISTLE is found under hedges and by foot-paths, and is very troubleſome in our gardens. It riſes two or three feet high; the ſtalk is round, hollow, angular, channelled, upright, and of a green colour; the leaves are long, ſtiff, rather narrow, but pretty deeply indented about the edges; the points made by indenting terminating in prickles; when any part of the plant is broken it emits a milky bitter juice; the flowers, which are large and yellow, and reſemble thoſe of dandelion, but are leſs, and of a lighter colour, grow ſeveral together on the tops of the branches, and ſtand in ſcaly cups, which contain downy thin flat ſeeds; the root is long, large, and white. The leaves are uſed medicinally, but are beſt when freſh gathered; a ſtrong infuſion of them operates by urine, and removes obſtructions; they are ſometimes eaten in ſallads, but the infuſion is more efficacious. There are ſeveral other kinds of ſow thiſtles found in common with this, but as they all poſſeſs the ſame virtues, and this has them moſt in perfection, it is not neceſſary to mention the others, which differ only in ſize, and in being without prickles.

SPEEDWELL grows commonly in dry paſtures, and on heaths; the ſtalks ſeldom exceed eight inches high, cannot ſupport themſelves upright, but trail along the ground, ſhooting out fibres at their joints, which root again, and continue the growth of the plant; the leaves are ſhort, oval, of a light green, ſomewhat hairy, and indented round the edges; the flowers, which are ſmall, and conſiſt each of one blue or purple leaf, grow in ſlender ſpikes, which riſe from the boſom of the leaves, and theſe flowers are ſucceeded by ſeed veſſels, ſhaped like thoſe of ſhepherds purſe, filled with very ſmall leaves; the root is a bunch of fibres. The whole herb is uſed, and though beſt freſh, does not loſe all its virtues by being

ing dried. An infuſion of it drank in conſiderable quantities, operates diuretically, removes obſtructions, and promotes periodical evacuations. It is a pectoral, and eſteemed ſerviceable in hectic aud conſumptive coughs.

The STAR THISTLE grows wild on commons and by high-ways; it is about two feet high; the ſtalks are round, ſolid, whitiſh, and very much divided into branches; the greater part of the leaves ſpring immediately from the root, which they encompaſs in a kind of circle, ſpreading on the ſurface of the ground; they are of an oblong form, and divided or cut along the ſides quite to the middle rib; the few leaves which grow on the ſtalk are ſmaller; the flowers ſtand very thick upon the branches, they are of a red or purple colour, are of the form of thiſtles, and growing out of ſcaly heads, each ſcale terminating in a ſharp thorn; the flowers go off in down, which contain flat white ſeeds; the root is ſingle, about the ſize of a man's finger, runs deep into the ground, and is covered with a thick bark or rind. A ſtrong infuſion of the root is recommended for the ſtone, gravel, colic, jaundice, and other diſorders occaſioned by obſtructions, which it removes, operating by urine.

Garden TANSY is only found in gardens; it riſes about two feet high; the root is large, ſtringy, and fibrous; the ſtalks are round, erect, and of a light green: the leaves are large, yellowiſh, and winged: each having ſeveral pairs of ſmaller leaves ſet on each ſide of a common rib, and terminating with an one; each of theſe is narrow, long, pointed and indented at the edges; the flowers, which grow in large cluſters at the ſummits of the ſtalks, are round, yellow, and naked. The whole plant has a ſtrong, freſh, cheering ſmell. A ſtrong infuſion of the leaves, freſh gathered, operate by urine, and remove obſtructions of the liver, ſpleen, and other inteſtines; it alſo greatly promotes the monthly diſcharges. The flowers, dried, powdered, and mixed with treacle,

are commonly given to deſtroy worms, and very often produce that effect.

Milk THISTLE, or Lady's Thiſtle, grows commonly by road ſides and on banks, and its appearance is remarkably elegant; the leaves, which riſe immediately from the root, are in ſome inſtances two feet long, more than one broad, and of a beautiful dark green, ſpotted or variegated all over in irregular figures, with a milky whiteneſs; the leaves are prickly and indented deeply at the edges, and they ſpread themſelves round the root, in a compaſs of more than a yard diameter, but lying near the ground, are apt to be over ſpread with duſt; in the centre of the leaves riſe a ſingle ſtalk which grows four or five feet high, is round, thick, very ſtrong, erect, and divided at the top into ſeveral branches; the leaves on the ſtalks reſemble thoſe from the root, and are variegated with white in the ſame manner; at the top of the ſtalks grow the flowers, which differ only in ſize from thoſe of other thiſtles, being twice as large, and much more beautiful; the flowery part is of a dark but fine purple; the head itſelf conſiſts of beautiful ſcales, each terminating in a ſingle and very ſtrong prickle, and theſe ſcales are perfectly regular in their ſize and order; the root is long and large, running deep into the ground; the ſeeds are flat, oblong, and white, incloſed in a conſiderable quantity of down. An infuſion of the freſh roots and ſeeds is recommended to remove obſtructions, and cure the jaundice and dropſy; it operates by urine. The ſeeds, in an emulſion with barley water, are ſaid to give relief in pleuriſies. The young leaves, with the prickles cut off, are ſometimes boiled by way of cabbage, and are highly extolled both for wholeſomeneſs and delicacy of taſte.

The TEAZLE is a tall plant, common in banks, under hedges, and by road ſides. It ſometimes riſes ſix feet high; the ſtalk is ſingle, large, white, very ſtrong, ſomewhat prickly, and much branched towards the top; the leaves grow two together, and encompaſs

encompaſs the ſtalk at the baſe, forming a hollow there which catches and retains the rain, and theſe leaves alſo are prickly on the under parts along the ribs; the flowers, which are ſmall and reddiſh, grow on heads as large as an apple, of an oblong form, and of a pale colour; the root is thick and fibrous, and the taſte of it bitter. An infuſion of this root, which is beſt freſh, ſtrengthens the ſtomach, and excites an appetite. It is alſo recommended as effectual in removing obſtructions of the liver, and curing the jaundice. The water which ſtands in the hollow of the leaves, has been ſuppoſed to be a good eye-water in caſes of inflammations, and it is alſo eſteemed coſmetic, and powerful in taking away freckles. There is alſo another kind of teazle, cultivated for the ſake of the heads, which are uſed in dreſſing cloth; this poſſeſſes the ſame virtue as the other, nor do they differ materially in appearance.

THYME is a plant univerſally known, being kept in every kitchen garden; the ſtalk which is hard and woody, ſeldom exceed eight or ten inches in height; the branches are extremely numerous; leaves are ſmall of a dark green, and ſtand in pairs at the joints; the flowers grow in a kind of looſe ſpikes at the tops of the ſtalks; the root is a bunch of fibres, round a woody continuation of ſtem; the whole plant has a ſtrong agreeable ſmell, and a warm aromatic taſte. An infuſion of the freſh tops of thyme, is eſteemed ſerviceable in aſthmas and ſuch oppreſſions of the lungs as are occaſioned by tough phlegm. It is alſo recommended as a remedy for nervous complaints; but the wild thyme, called mother of thyme, is preferable for this purpoſe. The oil made from thyme cures the tooth-ache, a drop or two of it being put upon a little cotton and applied to the tooth; this is generally ſubſtituted for oil of origanum or marjoram.

TORMENTIL—The root of this plant is large in proportion to the ſize of the plant, ſometimes crooked and knobby, reddiſh within, but brown without and

and fibrous; the ſtalks are ſeven or eight inches long, round, of a browniſh colour, but too ſlender and feeble to be upright. Five and ſometimes ſeven leaves ſtand together at a joint, which all riſe from the ſame baſe; theſe are narrow, long, pointed, of a dark green, and indented at the ends. The flowers, which are compoſed of each four leaves, are ſmall, but of a beautiful ſhining yellow, grow on ſlender foot ſtalks, and reſemble in ſhape and colour the flowers of crowfoot, but are of a much leſs ſize. The ſeed is ſmall, and ſtands naked on the cup. It is found on commons and by wood ſides, and flowers in the ſummen months. The root only is uſed medicinally; it is beſt dried, and may be given in powder or decoction. The powder is recommended to reſtrain diarrhæas and dyſenteries; it is alſo good againſt the bleeding of the piles, bloody ſtools, and the overflowings of the monthly diſcharges. This root, cut in pieces, and added to hartſhorn drink in the boiling, in the proportion of an ounce to a pint, gives it a pleaſing colour, and communicates its virtues. The root is ſaid to be cordial as well as aſtringent, and to promotes perſpiration gently. And the decoction juſt mentioned is thought ſerviceable in ſuch fevers as are attended with purgings, which it checks moderately, at the ſame time abates the fever. A gargle of this decoction is ſaid to faſten the teeth which are looſe, and to help the falling of the uvula.

TREFOIL is a plant common in our meadows and fields, and univerſally known. It grows ten or twelve inches high; the ſtalk is round, but not upright; the principal leaves riſe immediately from the root, and ſtand three together on long hairy foot ſtalks, each of theſe is of an oval figure, but pointed; they are of a deep green above, but paler underneath, and have generally a white ſpot in the centre of each leaf; the leaves on the ſtalk are nearly of the ſame form, but conſiderably leſs; the flowers, which ſtand at the tops, in a ſort of ſhort, round, thick ſpikes, are ſmall, and of a purple colour; they are

ſucceeded

ſucceeded by little flat pods, each containing two or three ſmall round yellowiſh ſeeds. An infuſion of the flowers, freſh gathered, is ſaid to be good for fluxes and dyſenteries, and to reſtrain the bleeding of the piles; the infuſion of the flowers operates diuretically, and relieves the ſtrangury and heat of urine. They are alſo ſometimes applied in poultices to inflamed tumours.

The TURNIP is a plant well known in fields and gardens; the root is generally round, yellow, which is eſteemed the beſt, or white though ſometimes purpliſh on the upper part; the leaves are of conſiderable length and breadth, of a dark green, deeply cut at the edges, and blunt and round at the extremities; the ſtalks are three feet high, round, ſmooth, ſtrong, erect, branched, and furniſhed with ſmaller, ſmooth and undivided leaves; the flowers are four leaved, yellow, and of inconſiderable ſize; they ſtand in long ſpikes, and are ſucceeded by long, ſlender pods, containing many round black ſeeds. The roots are commonly eaten, and very wholeſome; they alſo poſſeſs medicinal virtues; they may be cut into ſlices and ſtewed, or baked, with ſugar, or ſugar candy, till their juice, with the ſugar, becomes a ſyrup; and this is a good pectoral medicine, and ſerviceable to relieve coughs and ſhortneſs of breath; and a poultice of theſe roots is an admirable remedy for chilblains, and may alſo be waſhed with the water in which they have been boiled, and theſe applications ſeldom fail of giving relief.

Garden VALERIAN—Though this plant is a native of the Alps, and other mountainous parts of the continent of Europe, yet it is common in our gardens. It grows to three feet high; the ſtalk is erect, round, channelled, and hollow; the leaves, which ſpring immediately from the root, are of conſiderable ſize, and ſome of them are divided deeply on each ſide, though others are intire; but they all terminate in obtuſe points, and are not indented at the edges. Thoſe on the ſtalks are ſmaller, and are all deeply cut without

out exception; the ſtalks divide as they riſe into ſeveral branches, each of which has a leaf at its ſeparation from the ſtem; at the tops of theſe branches ſtand the flowers in large tufts or cluſters; they are ſmall and white, each conſiſting of a long narrow tube, and are ſucceeded by channelled ſeeds with downy tops. The root is about the ſize of a man's finger, is fibrous, and of a brown colour; it creeps juſt under the ſurface of the ground, and has the appearance like a caterpillar with many legs; it emits a ſtrong ſmell, and particularly when it is dried. This root is uſed medicinally. A decoction of it is given in malignant and contagious fevers, and in ſuppreſſions of the monthly diſcharges, and other obſtructions. It acts as a perſpirative, and works alſo by urine. It is cordial to the ſtomach, and uſeful in all nervous diſorders.

Wild VALERIAN is a native of Great Britain, and is found in moiſt woods, wet ditches, and other watery places; it is not wholly unlike the garden valerian in its figure and growth, and poſſeſſes great virtues; it riſes a yard high; the ſtalks are round, channelled, erect, hollow, and of a light green; the leaves are large and handſome; they are winged, and conſiſt each of ſeveral pairs of ſmaller, ſet on a common rib, with an odd one at the end; theſe wings are long, narrow, indented at the edges, of a pale green colour, and ſomewhat hairy; the flowers ſtand in large tufts or cluſters at the tops of the ſtalks, are ſmall, and of a pale purple colour; the ſeeds reſemble thoſe of the garden kind; the root is white, and is compoſed of a great many thick ſtrings or fibres; it is of a very ſtrong and diſagreeable ſmell, and this is much increaſed by its being dried. The root is uſed medicinally, and given in powder or infuſion, is an admirable medicine in nervous diſorders. It is even ſaid that it will cure epilepſy; but its good effects in head-aches, depreſſion of ſpirits, and tremblings of the limbs, are unqueſtionable; in ſuch caſes few medicines are ſo efficacious.

VERVAIN

VERVAIN is a wild plant found commonly about path-ways, and by the road-ſide: the root is white, ſlender, ſpreading and fibrous: it grows two feet high: the ſtalks are numerous, ſquare, ſtrong, ſomewhat hairy, and frequently brown or purpliſh: the leaves, which grow in pairs at each joint, are of an oblong form, narrow, cut in at the edges, of a dull green colour, and of a wrinkled and rough appearance: the flowers, which are compoſed of one leaf cut into five parts, are white, tinged with purple: they grow in a long ſpike, on which are flowers, buds, and the remaining cups or ſeed-veſſels, but only two or three flowers are open at a time: each ſeed cup contains four ſmall longiſh ſeeds. An infuſion of the freſh tops is recommended to remove obſtructions of the liver and ſpleen, and to relieve the jaundice, dropſy, and gout. It is a cordial to the ſtomach, and nervous complaints are ſaid to be removed by a continued uſe of it. It has been alſo highly extolled of late for the cure of ſcrophulous complaints, and a treatiſe hath been written to recommend the uſe of it externally and internally.

The VINE, a plant or ſhrub too common in our gardens to require a very particular deſcription: it is weak and unable to ſupport itſelf: in this country it generally grows againſt walls, but in thoſe countries where it is cultivated for the purpoſes of making wine, it is trained in eſpaliers; the trunk and branches are covered with a rough bark; the branches are long and ſtraggling; the leaves are round in the whole figure, but are deeply cut into five or ſeven diviſions: the flowers are ſcarce obſervable: the fruit is round or oblong, juicy, and produced in large bunches: though no part of the vine itſelf, as it grows with us is uſed medicinally, the ſeveral kinds of wine produced from the grape are, in many diſorders, medicines of themſelves, the red wines in particular in putrid diſeaſes; the dried fruit alſo in the form of raiſins and currants, are in conſtant use; the different kinds of raiſins are cured differently, ſome being left to dry on

the vines after the ſtems of the branches are almoſt cut aſunder; and others, ſuch as the Malaga, being cut off, dipped in a boiling lye made from the aſhes of vine cuttings, and then expoſed to the ſun to dry; but theſe and currants poſſeſs the ſame virtues, are good in coughs, tenderneſs of the lungs, and conſumptions. They are alſo great ſweeteners of the blood, and are a very wholeſome food with bread or biſcuit for perſons of ſcorbutic or ſcrophulous habits. The beſt vinegar is alſo the produce of the grape, being the wine turned ſour; and ſpirit of wine and brandy of the very beſt kinds are procured from wine by diſtillation. The ſubſtance called tartar, of which that moſt excellent medicine the cream of tartar is only the ſalt particles of the grape, which adhere to the wine caſks: ſo that we are indebted to the vine for more and better medicines than to any vegetable production whatſoever.

VIOLET,—Though this plant grows wild in our woods and hedges, yet is its ſimple fragrance ſuperior to all the richeſt perfumes of the Eaſt. The ſtalks are round, creeping, and a green colour; they ſeldom become erect, but ſpread themſelves upon the ſurface of the ground, and take root at the joints. The leaves ſpring from theſe rooted parts; they are large, and ſtand on long foot ſtalks, They are of the ſhape of an inverted heart, indented round the edges, and of a dark green colour. The flowers, each of which conſiſts of five leaves, are of a deep and beautiful purple, with a ſpur or heel of the ſame colour; they ſtand ſingly on ſlender foot ſtalks which riſe among the leaves, and are covered by them. The flowers are uſed medicinally; boiling water is to be poured upon them in a quantity juſt ſufficient to cover them; and after ſtanding twelve or eighteen hours, it is to be ſtrained off; ſugar is then to be added to it in the proportion of two pounds to a pint of the liquor, and this being melted over the fire, makes the ſyrup of violets. This is an excellent gentle purge for children, and good in pains of the breaſt and lungs, being cooling

cooling and moiſtening. The leaves, dried, are uſed in decoctions for clyſters, and make ane ointment for inflammations. An infuſion of it operates by urine, and is eſteemed a remedy for the ſtone and gravel, but the ſeed is preferred for theſe complaints

VIPERS's BUGLOSS, is a plant which grows wild about our path ways, and on the banks of hedges and ditches; it riſes a foot or eighteen inches; the ſtalk is round, large, firm, erect, and ſomewhat haira; it is of a light aſh-colour, marked with ſpots and lines of blue, red, and purple. The leaves, which are long and narrow, are rough, and of a dark, dull green; they are broad and blunt at the points, and are without foot-ſtalks; the flowers are large, and of a beautiful blue, with red threads in the middle, and grow in ſpikes curled inwards; they are each ſucceeded by four rough ſeeds, which have been compared in ſhape and appearance to viper's heads. The root grow deep in the earth, but it is not much branched; it is large, and of a brown colour. The leaves are uſed medicinally; thoſe which grow from the root are preferred. An infuſion of them is accounted cordial and perſpirative; it is recommended in fevers, and againſt head-achs, and all nervous complaints. The ancients eſteemed it not only an antidote but a preventive to the poiſons communicated by the bites of vipers and other venomous reptiles; and they had a notion that holding the plant in the hand a ſhort time would prevent the approach of any venomous creature for that day.

The WALNUT TREE, is common in gardens, walks, and plantations. It grows to a conſiderable ſize, and is much branched: the leaves are of the winged kind, very large and long; each conſiſts of a double row of ſmaller, with an odd one at the end: each of the ſmall leaves is of an oval figure, of a fading colour, and of an agreeable ſmell: the flowers are ſmall, yellowiſh, and grow in looſe catkins: the nuts grow two or three together, and are covered

with a green thick coat, beneath which is a hard wrinkled ſhell, which is divided into two parts, and contains a white ſweet kernel, incloſed in a thin, bitter acrid ſkin. The bark of the walnut tree is eſteemed a good emetic, and may either be given green in infuſion, or dried in powder; it operates eaſily and briſkly. The ſkin which covers the kernel has an aſtringent quality, and is good againſt fluxes. The green nuts, preſerved, have been eſteemed a good antidote againſt infection; and the oil, expreſſed from the kernel, a powerful remedy for the gravel and ſtone.

Rue-leaved WHITLOW GRASS is a ſmall wild plant appearing early in the ſpring on the tops of old walls and low houſes; it is red, and not more than four inches high; the ſtalks are round, erect, and ſomewhat hairy; and they are covered with fat clammy matter, which makes them ſtick to the fingers in handling; the leaves are ſmall, and of the ſame colour as the ſtalks; they are each divided into three parts at the extremity, the middle diviſion being the longeſt; they are ſet on the ſtalks without regularity, and are thick, fat, and clammy in handling, like the ſtalks; the flowers, which grow at the tops of the branches, conſiſt each of five ſmall leaves, and are of a very bright white; they are ſucceeded by round full ſeed veſſels, containing a number of very ſmall ſeeds; and as ſoon as theſe are ripened, the plant withers, and is not diſcovered again till the ſucceeding ſpring. The whole of this plant, freſh gathered, is ſaid to be medicinal, and a ſtrong infuſion of it is a very great ſweetener of the blood. It is recommended as an excellent remedy againſt every ſpecies of the ſcurvy, and the accounts of its having cured the king's evil ſeem to be well atteſted. For this latter diſorder a ſyrup may be made of its expreſſed juice, or a very ſtrong infuſion of it may be boiled to a ſyrup. A conſerve may alſo be made of the leaves, as we have directed for wood ſorrel; indeed it ſhould be preſerved for uſe in each of theſe ways, as the dried.

dried plant has very little virtue, and it can only be procured freſh during a very ſmall part of the year.

WINTER GREEN is a plant which grows wild in the woods in ſome parts of England, particularly the weſtern and northern countries, but is not very common; the ſtalk, which is about ten or twelve inches high, is round, large, and erect, and totally without leaves, all which ſpring immediately from the root, and are naked, round, of a dark green, and a fleſhy ſubſtance, reſembling in figure thoſe of the pear tree; they ſtand each on a ſeparate foot ſtalk two or three inches long; the flowers, which ſtand one above another in looſe ſpikes on the tops of the ſtalks, are ſmall, of a gloſſy white, and each compoſed of five leaves; they are ſucceeded by ſharp pointed ſeed veſſels full of very minute ſeeds; the root conſiſts a of quantity of ſtrong and white fibres. A ſtrong decoction of the leaves of this plant, with a piece of cinnamon added in the boiling, and the addition of a fourth part of red wine is given with ſucceſs to check overflowings of the periodical diſcharges, bloody ſtools, and other internal hæmorrhages; it is alſo highly recommended for ulcers in the kidnies, bladder, or urinary paſſages and bloody urine; and for inward wounds and bruiſes, which occaſion any diſcharge of blood.

WOAD, is a plant cultivated in many parts of England for the uſe of the dyers; and though it is commonly found in places near thoſe where it has been ſown, growing apparently wild, yet it is not properly a native of this country: it grows tall and upright, and makes an handſome figure: the ſtalk, which is round, large, ſtrong, erect, and upright, grows four feet high, but is, in general, ſo wholly covered with leaves, that ſcarce any part of it is viſible: theſe leaves are of conſiderable length and breadth, large at the baſes, where they ſpring from the ſtems, without any foot ſtalks, and narrower all the way to the extremities: they are of a green colour with a caſt of blue, and they fill the whole plant to the top, in ſuch a manner

manner as to give it a rich appearance; the flowers, which are ſmall and yellow, ſtand in great numbers about the tops of the ſtalks, on a multitude of ſmall branches, into which the ſtalk is there divided: they are ſucceeded by little ſeed-veſſels, full of very ſmall ſeeds: the root is long and large. Though this plant is cultivatdd chiefly for the uſe of the dyers, yet its medicinal virtues demand great reſpect. The freſh tops of the ſtalks, before the flowers appear, are thought to contain the higheſt virtues, and an infuſion of theſe is excellent in removing obſtructions of the liver and ſpleen. It operates by urine, but the uſe of it muſt be continued a conſiderable time; diſorders which approach by ſlow degrees cannot be expected to yield to the firſt attacks of the moſt efficacious medicine.

Common WORMWOOD, is a plant frequently found in lanes, and by way-ſides, in many parts of England: the root is large and woody, and the ſtem divides into many ſtalks, or branches, which are round, channelled, ſtrong, and of a light colour: the leaves are large and winged; they are divided into a number of ſmall parts, an odd one of which terminates each leaf: they are of a pale green above, but whitiſh or hoary underneath, and ſtand on the ſtalks without order; many of the ſame figuer, but larger, ſpring from the root, and theſe continue green during winter: the flowers grow in a kind of looſe ſpikes at the tops of the ſtalks: they are ſmall, yellowiſh, naked and very numerous; each of them is ſucceeded by ſeveral very ſmall ſeeds: the whole plant is of ſo very bitter a taſte, that it is even proverbial. A ſlight infuſion of the tops of the plant, freſh gathered, is ſaid to be excellent for all diſorders of the ſtomach; to prevent ſickneſs after meals, create an appetite, and reſtore a loſt one; but if it be made ſtrong, it will not only be ſo unpalatable as to render it impoſſible to take it, but will alſo offend the ſtomach. The tops and flowers may be dried and powdered, and in this ſtate are recommended as a cure for agues:

and

and act in the deſtruction of worms in the ſame manner as worm-ſeed, and are altogether as efficacious. The juice of thoſe large leaves of wormwood, which ſpring from the root before the ſtalk appears, is preſcribed as a remedy for the dropſy and jaundice, as it removes obſtructions, and works powerfully by urine.

Sea WORMWOOD is a plant generally found in our ſalt marſhes, and about ditches where the tide flows; it very much reſembles the common wormwood in appearance, but the diviſions of the leaves are much ſmaller, and the whole plant of an inferior ſize; the ſtalks are woody, ſtrong and erect, about eighteen inches high, and much branched: the leaves as well as the branches, are whitiſh and hoary: the flowers ſtand in looſe ſpikes at the tops of the ſtalks, and are ſmall and naked, differing very little from thoſe of the common wormwood, except in ſize; the taſte of this plant, though bitter, is leſs diſagreeable than that of the common wormwood, and it has a more pleaſant and aromatic ſmell. The tops may be uſed freſh gathered, or the leaves and ſtems dried. It is ſometimes called Roman wormwood in the markets and ſhops, and is commonly uſed for the other, poſſeſſing the ſame general virtues; indeed the two kinds already mentioned, and that which follows, have them in common; but the firſt or common wormwood is the moſt unpleaſant to the taſte, and diſagrees moſt with the ſtomach; and the three kinds have different degrees of excellence. This is better than the common, but is more diſagreeable than the true Roman wormwood. It acts as a ſtrengthener to the ſtomach, aſſiſts digeſtion and diſcharges wind. It is commonly uſed as an ingredient in bitter infuſions and tinctures, but is a good medicine of itſelf; and the infuſion of it, made by pouring boiling water upon it, letting it ſtand till it is cold, and then ſtraining it off is an excellent medicine to create an appetite. It may be put into white wine,

to

to which it communicates a pleaſant bitter flavour, and this is an agreeable way of taking it.

Roman WORMWOOD is a more delicate plant than the former, and is a native of warmer climates, but is found in many gardens in England; it riſes to the height of two feet, or two and a half; the ſtalk is round, ſmooth, ſolid, erect, of a duſky brown colour, and inclined to woody. The leaves, which ſtand irregularly on the ſtalks, are ſmall and divided, into many very fine parts, they are hoary both above and below, and except in this particular, reſemble more the leaves of the common ſouthernwood than thoſe of the other wormwood; the flowers are ſmall, of a darker colour than thoſe of common wormwood, but much leſs; they are very numerous, and ſtand at the extremities of the ſtalks, in long and large ſpikes; the root is creeping, and ſpreads much, it is compoſed principally of fibres; though the whole plant has a bitteriſh taſte, yet it is not like that of wormwood, being pleaſantly aromatic: the flowers are bitter, and have little of this aromatic flavour. The tops only are uſed freſh, but the whole plant dried; it is a gentle and moſt admirable ſtomachic, but it has many other virtues; the juice of the freſh tops is eſteemed efficacious to remove obſtructions of the liver and ſpleen, and other internal parts, and it is ſaid to have cured the dropſy and jaundice without the aſſiſtance of any other medicine.

VARIOUS

VARIOUS PREPARATIONS OF SIMPLES,

FOR PRESENT USE.

THERE is no form of medicines ſent from the apothecary, which may not be prepared from the herbs of our own growth, in the ſame manner as from foreign drugs. Electuaries may be made with the powders of theſe barks, roots, and ſeeds, with conſerves of flowers, and of the tops of freſh herbs; and ſyrups, made from their juices and infuſions. In the ſame manner their boluſſes may be made, which are only ſome of theſe powders mixed up with ſyrup; and alſo their droughts and juleps, which are made from the diſtilled waters of theſe herbs, with or without ſpirit, theſe ſyrups being added, and the tinctures of the roots and barks; the method of making which is explained in the Appendix.

But, beſides theſe ſeveral forms of giving them, there are others much more ſimple, eaſy and ready, and theſe are generally more efficacious. Theſe may be arranged under three kinds—juices, infuſions, and decoctions; which are the forms of giving the medicines moſt frequently mentioned in the herbal, and in which there is leſs trouble than in the others. They are not indeed contrived for ſhew, nor would they anſwer the purpoſe of the apothecary, for his profits would be ſmall upon them; but when their deſign is to do good, they are the moſt to be choſen of any.

Juices are to be expreſſed from leaves or roots; and in order to this, they are to be firſt beaten in a mortar. There is no form whatever in which herbs have ſo much effect, and yet this is a method unknown in the common practice of phyſic.

Theſe are to be obtained in ſome plants from the entire berb, as in water creſſes, brooklime, and others that have juicy ſtalks; in others the leaves are to be uſed, as in nettles, and the like, where the ſtalk is dry and yields nothing; but is troubleſome in the pre-

paration, When the juice of a root is to be had, it muſt be freſh taken up, and throughly beaten. A marble mortar and wooden peſtle, ſerve beſt for this purpoſe, for any thing of metal is improper; as many plants would take a tincture from it, and the juice would be ſo impregnated with it, as to become a different medicine, and probably very improper in the caſe in which it was about to be given.

As theſe juices have ſometimes an ill taſte, and as ſome of them are apt to be cold upon the ſtomach, or otherwiſe to diſagree with it, there are methods to be uſed, to make them ſit better upon it; and in ſome caſes theſe increaſe their virtues.

When the thick juice, freſh drawn is too coarſe for the perſon's ſtomach, it may be ſuffered to ſettle and grow clear: a little ſugar may be added alſo in beating the herb, and in many caſes, as in thoſe juices given for the ſcurvy, the juice of a Seville orange may be added, which will greatly improve the flavour.

To the roots, it is often proper to add a little wine in the bruiſing, and they will operate the better for it. Thus, for inſtance, the juice of the flower-deluce root will not ſtay upon many ſtomachs alone, but with a little white wine added in the bruiſing, all becomes eaſy, and its effects are not the leſs for the addition. The ſame addition may be made to ſome of the colder herbs; and if a little ſugar, and occaſionally a few grains of powdered ginger be added, there will be ſcarce any fear of the medicine diſagreeing with the ſtomach, and its effects will be the ſame, as if it had been bruiſed and preſſed alone.

Infuſions are naturally to be mentioned after the juices, for they are in many caſes uſed to ſupply their place. Juices can only be obtained from freſh plants, and there are times of the year when plants are not to be had in that ſtate. Recourſe is then to be had to the ſhop, inſtead of the field; the plant whoſe juice cannot be had, is there to be found dried and preſerved; and if that have been done according

cording to the full extent of the preceding directions, it retains a great part of its virtues; in this case it is to be cut in pieces, and hot water being poured on it, extracts so much of its qualities, as to stand in the place of the other. Often indeed the virtues are the same: in some plants they are greatest from the infusion; but then some others lose so much in drying, that an infusion scarce has any thing. But it is not only as a help in the place of the other, that this preparation is to be used, for infusions are very proper from many fresh herbs; and are of great virtue from many dry ones, of which, when fresh, the juice would have been worth little.

Infusions are the fittest forms for those herbs whose qualities are light, and whose virtue is easily extracted: in this case, hot water poured upon them takes up enough of their virtue, and none is lost in the operation: others require to be boiled in the water. From these are thus made what we call decoctions: and as these last would not give their virtues in infusion, so the others would lose it all in the boiling. It would go off with the vapour. We know very well, that the distilled water of any herb is only the vapour of the boiled herb caught by proper vessels, and condensed to water; therefore, whether it be caught or let fly away, all that virtue must be lost in boiling. It is from this, that some plants are fit for decoctions, and some for infusions. There are some, which if distilled, give no virtue to the water, and these are fit for decoctions, which will retain all their virtue, as bistort, tormentil roots, and the like. On the contrary, an infusion of mint, or pennyroyal, is of a strong taste, and excellent virtue; whereas a decoction of these herbs is disagreeable or good for nothing.

There are herbs also, which have so little juice, that it would be lost in the operation. An infusion of these is the right way of giving them. Thus mother of thyme is a dry little herb, from which it would be hard to get any juice, and when gotten, it would

poſſeſs very little of its virtues; but an infuſion of mother of thyme poſſeſſes it entirely.

Infuſions are of two kinds: they are either prepared in quantity, to be drank cold, or they are drank as they are made, in the manner of tea. This laſt method is the beſt, but people will not be prevailed upon to do it, unleſs the taſte of the herb be agreeable; for the flavour is much ſtronger hot than it is cold.

Infuſions in the manner of tea, are to be made juſt as tea, and drank with a little ſugar; the others are to be made in this manner:

A ſtone jar is to be fitted with a cloſe cover, the herb, whether freſh or dried, is to be cut in pieces, and when the jar has been ſcalded out with hot water, it is to be put in: boiling water is then to be poured upon it, and the top is to be fixed on: it is thus to ſtand four, five, or ſix hours, or a whole night, according to the nature of the ingredient, and then to be poured off clear.

It is impoſſible to direct the quantity in general for theſe infuſions, becauſe much more of ſome plants is required than of others: for the moſt part, three quarters of an ounce of a dried plant, or two ounces of the freſh gathered. The beſt rule is to ſuit it to the patient's ſtrength and palate. It is intended not to be diſagreeable, and to have as much virtue of the herb as is neceſſary. This is only to be known in each kind by trial; and the virtue may be heightened, as well as the flavour mended by ſeveral additions. Of theſe, ſugar and a little white wine are the moſt familiar, but lemon-juice is often very ſerviceable, as we find in ſage-tea; and a few drops of oil of vitriol gives colour and ſtrength to a tincture of roſes. Salt of tartar makes many infuſions ſtronger alſo than they would be, but it gives them a very diſagreeable taſte. It is therefore fit only for ſuch as are to be taken at one draught, not for ſuch as are to be ſwallowed in large quantities time after time.

Among the herbs that yield their virtues moſt commodiouſly

modiouſly by infuſion, may be accounted many of thoſe which are pectoral, and good in coughs, as colts-foot, ground-ivy, and the like: the light and aromatic, good in nervous diſorders, as mother-of-thyme, balm, and the like. The bitters are good in infuſion, but diſagreeable in decoction: thus boiling water poured upon Roman wormwood, gentian root, and orange peel, makes a very excellent bitter. It need only ſtand till the liquor is cold, and may be then poured off for uſe. It is often proper to add ſome purging ingredient to this bitter infuſion, and a little freſh poly-pody root excellently anſwers that purpoſe, without ſpoiling the taſte of the medicine.

Several of the purging plants alſo do very well in infuſion, as purging flax and the like; and the freſh root of polypody alone is a very good one; a little lemon juice added to the laſt named infuſion does no harm, and it takes off what is diſagreeable in the taſte, in the ſame manner as it does from an infuſion of ſena. Thus we ſee what a great number of purpoſes may be anſwered by infuſions, and they are the moſt familiar of all preparations. Nothing is required but pouring ſome boiling water upon the plants, freſh or dried, as already directed, and pouring it off again when cold.

Decoctions are contrived to anſwer the purpoſe of infuſions upon plants which are of ſo firm a texture, that they will not eaſily yield their uſeful parts. In theſe the ingredients are to be boiled in the water; as in the others, the boiling water was to be poured over them. In general, leaves, flowers, and entire plants, whether freſh or dried, are uſed in infuſions; and roots and barks in decoctions.

An earthen pipkin, with a cloſe cover, is the beſt veſſel for preparing theſe; for many of thoſe medicines which are little ſuſpected of it, will take a tincture from the metal; and it would be improper to boil them in a copper pan, and it is too common a cuſtom

cuſtom, to beat the herbs and roots in a metal mortar.

Freſh roots are uſed in decoction, as well as thoſe which are dried; and the barks, and other ingredients in like manner. When the freſh are uſed, the roots are to be cut into thin ſlices, and the barks and woods ſhould be ſhaved down; as to the leaves, flowers, and entire plants, they need be cut ſlightly. When dry ingredients are uſed, the roots and barks are beſt pounded to pieces; and as to the herbs and flowers, little is to be to done them, and in general they are beſt added towards the end of the decoction.

It is always beſt to let the ingredients of a decoction ſtand in cold water for twelve hours before it is ſet on the fire, and then it ſhould be heated gradually, and afterwards kept boiling as long as is neceſſary; and this is to be proportioned to the ingredients. Generally a quarter of an hour is ſufficient, ſometimes much longer is neceſſary. They are then to be ſtrained off while they are hot, preſſing them hard, and the liquor ſet by to cool; when they are throughly cold, they are to be poured off clear from the ſediment, for they always become clear as they cool, and ſweetened with a little ſugar. Frequently alſo, it is proper to add to them a little white wine, as well as to the infuſions.

MISCELLANIES.

TEA

Is a foreign ſhrub which grows to five or ſix feet high, and full of branches: the leaves are about an inch long, near half an inch broad, ſerrated, and terminating in a point. The traders in tea diſtinguiſh a great many kinds of it, as they differ in colour, flavour, and the ſize of the leaf. To enumerate the ſeveral ſub-diſtinctions were endleſs; the general diviſion is into three kinds, the ordinary green tea, the finer green, and the bohea; to one or other of which all the other kinds may be referred. The common green tea has ſomewhat ſmall and crumpled leaves, much convoluted, and cloſely folded together in the drying. Its colour is a duſky green, its taſte ſub-aſtringent, and its ſmell agreeable. It gives the water a ſtrong yellowiſh green colour. The fine green has large leaves, leſs rumpled and convoluted in the drying, and more lax in their folds; it is of a paler colour, approaching to the blue green, of an extremely pleaſant ſmell, and has a more aſtringent, yet more agreeable taſte than the former. It gives a pale green colour to water. To this kind are to be referred all the higher-priced green teas, the hyſon, imperial, &c. The bohea conſiſts of much ſmaller leaves than either of the other, and thoſe more crumpled and cloſely folded than in either. It is of a darker colour than the other, often blackiſh, and is of the ſmell and taſte of the others, but with a mixed ſweetneſs and aſtringency.

Much has been ſaid on the ill effects of tea in diet. They are no doubt numerous; but they proceed rather from the imprudent uſe of it, than from any bad qualities in the tea itſelf. Tea is now the univerſal breakfaſt in this part of the world; but the morning

morning is ſurely the moſt improper time of the day for drinking it. Moſt delicate perſons, who, by the bye, are the greateſt tea drinkers, cannot eat any thing in the morning. If ſuch perſons, after faſting ten or twelve hours, drink four or five cups of green tea without eating almoſt any bread, it muſt hurt them. Good tea, taken in a moderate quantity, not too ſtrong, nor too hot, nor drank upon an empty ſtomach, will ſeldom do harm; but if it be bad, which is often the caſe, or ſubſtituted in the room of ſolid food, it muſt have many ill effects.

COFFEE. This word is derived from the Arabian. cahoua, which ſignifying any kind of liquor, the Arabians apply it by way of pre-eminence, to that which is drawn from the berries which we call coffee, the beverage in which they most delight. The tree or ſhrub which produces coffee is ſomewhat of the jeſſamine kind; its leaves reſembling in colour and figure thoſe of the bay-tree; the fruit is a juicy berry which incloſes two ſeeds of a pale colour and oval ſhape, flat on one ſide and convex on the other; and theſe join on the flat ſides, having each a ſmall furrow to admit a kind of filament or thread, which paſſes from the ſtem of the fruit to the oppoſite extremity. The coffee tree is a native of Arabia Felix, and probably of the iſland of Java in the Eaſt Indies, where it is now cultivated in conſiderable quantities, producing thoſe ſeeds, or, as they are commonly called, berries, which are imported into England under the name of the East India coffee, to diſtinguish it as well from Arabian, or, as it is more commonly called, Turky coffee, and that coffee which is the growth of the West Indies, where it has been introduced from Arabia, and from whence the European markets are ſupplied with large cargoes of this commodity; though that which is imported from Arabia is preferred to either of the other ſorts, from which it may be diſtinguished by the ſmallneſs of the berries and the colour of them being rather more tranſparently grey, than either the Eaſt or Weſt Indian coffee.

Many

Many Arabians of rank prefer the huſks or ſkins which incloſe the ſeeds, which are in fact the berries themſelves, in a withered or dry ſtate, to the berry, and are of opinion that the decoction is of a more pleaſant flavour; but this part of the coffee fruit will not bear keeping, and conſequently cannot be exported.

The uſe of coffee was ſcarce known in Europe till towards the middle of the ſeventeeth century: the firſt coffeehouſe in London was opened in the Tiltyard in the year 1652. In Paris, where it is now much more univerſally uſed, it was not introduced till ſixteen or ſeventeen years later, though it had been taſted at Marſeilles even earlier than in England. Soon after it began to be drank in London, two foreign writers publiſhed diſſertations on its nature and qualities, one in German, the other in Italian. The berries or ſeeds of coffee are nearly without ſmell, but have a mealy, oily, and ſomewhat bitteriſh taſte; in common with other farinaceous ſubſtances, they are of a flatulent nature, but loſe that quality by burning or roaſting. Chymiſts and naturaliſts have endeavoured to diſcover what ſubſtances moſt nearly reſemble coffee in taſte and ſmell, and find that roaſted rye and roaſted almonds mixed, but in a leſs proportion of the latter to the former, as being only neceſſary to ſupply the oleous part, comes the neareſt to it; and this is probable the compoſition which has been ſold under the name of Engliſh coffee. When the roaſted berries are reduced to powder, they ſoon loſe their ſmell and flavour, but keep well in the berry; and if before they are ground for uſe, they are placed before the fire for a few minutes, the powder will be as briſk and highly flavoured as that which is made from newly roaſted berries.

Contrary to the uſual practice, coffee is thought to be the moſt wholeſome when it has been boiled eight or ten hours before it is drank, and it ſhould then be mixed with an equal quantity of milk. Taken within an hour after dinner, it is ſaid to moderate the fer-

mentation of the aliment, and to be of uſe in headachs, occaſioned by weakneſſes of the ſtomach, too cloſe attention to ſtudy or buſineſs, or exceſſes; it is alſo ſuppoſed to aſſiſt digeſtion, and to be ſomewhat antiputreſcent; and is recommended to thoſe who are corpulent, phlegmatic, and apt to be diſturbed and agitated. But it is aſtringent, heating, and drying, and the uſe of any conſiderable quantities of this liquor renders the body thin, and the complexion pale and yellow: the moderate manner in which it is taken in England ſeldom produces any of thoſe inconveniences, but the Turks and other Mahometans, whoſe religion does not permit them to indulge in wine or other ſtrong liquors, drink amazing quantities of coffee; and the French and other European nations generally breakfaſt on it inſtead of tea, and drink it regularly every day after dinner. Upon the whole it does not appear that the ſeed itſelf is unwholeſome, but that the immoderate uſe of it, and particularly by thoſe of thin and ſpare habits of body, may be attended with inconveniencies.

OPIUM. The milky juice which is extracted from the heads of poppies by inciſions made in them, is called opium. This juice is gradually dried in the ſun to a proper conſiſtence. It is brought from Turkey, Egpyt, the Eaſt Indies, and other parts of Aſia; but botanical writers aſſert, that the opium we receive from all the places juſt named, is aquired by expreſſing the juice from the heads of the poppies. This drug is brought into Europe in flat cakes, or irregular maſſes, each from four to ſixteen ounces in weight, covered with leaves, to prevent their ſticking together. It is a reſinous ſubſtance, ſoftiſh and tenacious, eſpecially when warm or much handled; of a dark reddiſh brown colour in the maſs, and yellow when reduced to powder. It hath a faint, diſagreeable, ſtupifying ſmell, and a bitter taſte; if chewed a little, it affects the tongue with a ſenſe of heat, which ſpreads to the palate, and then in a leſs degree to the lips, and provokes

vokes a diſcharge of ſaliva. It heats the noſe, and ſo irritates it as to excite ſneezing.

So numerous and valuable are the medical properties of opium, that ſome have denominated it manus Dei, or, the hand of God. Its operation is generally accompanied with a ſlow, but ſtrong and full pulſe, a ſlight redneſs, heat, and itching in the ſkin, and ſucceeded by a low and languid pulſe; it is alſo followed by low ſpirits, ſome difficulty of breathing, or a ſenſe of tightneſs about the breaſt, a ſlight giddineſs of the head, dryneſs of the mouth and entrances of the gullet, ſome degree of nauſea, heat, and pain in the ſtomach; but theſe ſymptoms are to be underſtood of a full doſe, taken when no particular diſeaſe requires it; for very large doſes are given in violent disorders, without producing any diſagreeable effects. In proper doſes, repeated at due intervals, it compoſes and relieves violent pains, ſpaſms, and convulſions; abates inflammation both internally and externally; moderates the heat in fevers, and aſſiſts other medicines in producing a more ſpeedy effect; it diſcuſes ſtagnate fluids, whether applied externally or adminiſtered internally; it removes obſtructions ariſing from ſpaſms; abates extraordinary irritability, and removes thoſe convulſions which ariſe therefrom; it promotes the diſcharges through the ſkin, but retards the other evacuations; abates all kinds of pains, and totally removes ſome: in windy and flatulent complaints, it exceeds all of the aromatic tribe, for its efficacy extends through the whole inteſtinal paſſage. But notwithſtanding theſe undeniable excellent qualities of this drug, adminiſtered as a medicine, under proper cautions; an abuſe of it has of late years crept into this country, which deſerves our moſt ſerious notice and attention.

It is well known, that in thoſe countries of the eaſt where the religion of Mahomet have prevailed, wine and all ſpirituous liquors are prohibited under ſevere denunciations of Divine wrath, the inhabitants are addicted to the uſe of opium, which occaſions

temporary inebriation, and raiſes a kind of falſe ſpirit; which, however, ſoon flags, requiring frequent ſupplies of the ſame exhilerating drug, to prevent a depreſſion at leaſt equal to the unuſual and unnatural elevation. Europeans, whoſe ſpirits are apt to fail from relaxation in the warmth of climates to which they are unaccuſtomed, have imprudently reſorted to this method of ſupporting them; and returning to the weſtern quarter of the world, have imported with them this pernicious cuſtom, which, we are ſorry to hear, has been imitated by thoſe who have not the ſame excuſe to offer, but who follow it upon principles which admit of no defence.

The beſt argument that can be uſed, to diſſuade men from the indulgence of this deſtructive habit, will ariſe from the ſtate of effects produced from immoderate quantities of this drug, with which, and the remedies, we ſhall conclude this article, remarking only, that large doſes and frequent repetitions are attended, with ſimilar conſequences, and that the latter will in the end prove equally dangerous and fatal with the former. When imprudent doſes have been taken through miſtake, or with an ill deſign, they are followed with immoderate mirth or ſtupidity, giddineſs, a redneſs of the face, ſwelling of the lips, troubleſome dreams, ſtarting, convulſions, cold ſweats, a conſiderable dilation of the pupil of the eye, imperfect ſpeech, ſlow full pulſe, quick breathing, nauſea, itching of the ſkin, vomiting, madneſs, hiccough, fainting, and the like violent and dangerous ſymptoms. Immediately on the happening of ſuch an accident, it is neceſſary to give a vomit of white vitriol, and repeat it four, five, or ſix times, if the conſtitution is vigorous; after this, the patient ſhould be bled, and take frequently a ſpoonful of ſtrong vinegar; beſides theſe, ſharp cataplaſms may be applied to the feet, bliſters to the arms, clyſters of tobacco ſmoke may be given, and frictions may be uſed, as the caſe ſeems to require; vinegar is the antidote, yet cordials ſhould ſometimes accompany it.

TOBACCO

ON THE USE OF TOBACCO.

TOBACCO

Grows with large, ſharp pointed, pale green leaves, about two feet in length, joined immediately to the ſtem without foot ſtalks. It was brought into Europe by Monſieur Nicott, a Frenchman, from whom it is called Nicotiano; he brought it from the iſland of Tobago in America, about the year 1560; but it is now cultivated in many parts of Europe, and particularly in very conſiderable quantities about St. Omer's, and other towns in French Flanders. Sir Francis Drake firſt brought it into England; and Sir Walter Raleigh introduced the uſe of it as a kind of faſhion in England. The leaves have a ſtrong diſagreeable ſmell, and a burning acid taſte; they give out their active parts both to water and to ſpirit, but moſt perfectly to the latter; but their acrimony is much abated in the tincture, the watery extract being leſs pungent than the leaves themſelves; and the ſpirituous not much more ſo. The American tobacco is ſtronger than that which is raiſed in France, or the ſmall quantities cultivated in England, and affords a more fiery extract, though in leſs quantity.

If tobacco is taken inwardly in a ſmall doſe, or if a decoction of it is uſed as a clyſter, it proves violently cathartic and emetic, occaſioning extreme anxiety, giddineſs, ſtupefaction, and diſorder of the ſenſes; however, ſome have ventured on it in ſome obſtinate chronical diſorders. By long boiling in water, its deleterious power is abated, and at length deſtroyed. The ſmoke of tobacco received by the fundament, is of ſingular efficacy in obſtinate coſtiveneſs of the belly, for deſtroying the worms which infeſt the extremity of the gut; and for recovering perſons apparently drowned. Tobacco is ſometimes uſed in lotions and ointments for cleanſing foul ulcers, and deſtroying inſects in the ſkin; it is deſtruction to all inſects whether

ther in the vegetable or animal world. Beat into a poultice with vinegar, and applied to the region of the hypochondriac or ſpleen, it hath been known to diſcuſs humours there. A conſtant chewing or ſmoaking of tobacco deſtroys the appetite, by depriving the conſtitution of too much ſaliva; however, though it is improper for lean, dry and hectic habits, moderately taken in either way, it may be uſeful to thoſe of groſs habits and very moiſt temperaments, and to ſuch as are ſubject to diſeaſes of the colder kind. When the gums are overcharged with rheum, or when the lungs are ſwelled and inclined to impoſthumate, tobacco may be uſeful.

The oil of the tobacco which aſcends in the ſmoke, blackens the teeth and decays them, and the continual uſe of the pipe occaſions a perpetual thirſt, which inclines the ſmoaker to indulge in a greater quantity of liquors, than is conſiſtent with health and ſobriety. Nor are inſtances wanting of very dangerous effects produced by this very acrimonious herb.

A young recruit who had been inliſted in one of the interior provinces of England, and ſent up to the Savoy, having learnt in his new profeſſion to drink drams and chew tobacco, and having in a ſtate of intoxication occaſioned by the uſe of the former, ſwallowed a quantity of the juice of the latter, from a large piece of it with which his mouth was cramed, was ſeized with a vomiting which was ſoon followed by a purging, and the diſcharge both ways was enormous, and both tinctured with blood. After theſe evacuations had continued violently for above an hour, he fell into a profound ſleep, from which, however, he awoke in ſtrong convulſions; and in the remiſſions, he ſeemed to have loſt his ſenſes, laughing and crying alternately, his ſight ſeemed exceedingly obſcure, he was totally without recollection or knowledge of thoſe about him, and ſeemed to be completely mad. Growing more compoſed after ſome time, he ſlept again, but his breathing was difficult, his lips ſwelled, his face became red and blotched, his lower jaw dropped, he

he was covered with cold ſweats, and at times apparently dead, till the vomiting recurred, and the retching and ſickneſs ſeemed to reſtore his life. Being young and of a ſtrong and robuſt conſtitution, he recovered, but he complained for a long time after of a ſenſation like fire in his ſtomach, and had a continued hiccough which was conquered with great difficulty.

A woman ſervant to a gentleman in the country was adviſed to thurſt a piece of pigtail tobacco up her noſtril as a remedy for giddineſs in the head; ſhe accordingly ſuffered it to remain there when ſhe went to reſt, laying her head off the pillow, as may be ſuppoſed to favour any defluxion which it might occaſion; but ſoon after midnight ſhe awoke intolerably ſick, vomited frequently and very violently, and fell into ſtrong hyſteric fits, in ſome of which ſhe lay as if ſhe was dead for a conſiderable time together, and when theſe fits left her, became ſtupid and ſleepy, her mind ſeeming diſturbed, and her pulſe irregular and unequal. After ſome time ſhe fell into a profuſe ſweat, emiting a moſt offenſive cadaverous ſmell, but this evacuation brought her relief, though ſhe continued for a long time after to be affected with a trembling of the limbs, as if ſhe had been paralytic.

A perſon had a contuſion on the thigh, accompanied with a wound, and attended with ſome alarming ſymptoms; to this wound an ointment was applied by the direction of a ſurgeon, who had conceived an opinion of this herb, in which the powder of the dried leaf of tobacco was an ingredient; but ſoon after this application, the patient was ſeized with exceſſive vomitings, which could not be reſtrained without extreme difficulty; and the cauſe not being immediately diſcovered, the tobacco dreſſing was renewed, when the ſame conſequence enſued, which having pointed out the occaſion, the dreſſings were changed and the tobacco omitted, after which the vomiting went off ſpontaneouſly,

ſpontaneouſly, and came on no more till the cure was compleated.

When from any inadvertency quantities of this herb, or of the juice of it, have been taken internally, and have produced all or any of the effects above deſcribed; the unlucky patient ſhould be treated in the ſame manner as we have already directed for thoſe who ſwallowed any of the vegetable poiſons. Even the ſmoke of tobacco frequently produces verv ſevere ſickneſs, giddineſs, and other indiſpoſitions, to thoſe who are unuſed to it; and thoſe who are accuſtomed to ſmoke, but happen to ſleep with pipes in their mouths, and by that means ſwallow the tobacco ſmoke, are frequently affected in the ſame way, waking in great anonies.

ON SNUFFING.

SNUFF

Is made of the dry leaves of Tobacco reduced to powder by grinding, raſping, or beating.

We may better judge of the effects this powder may produce on being taken into the noſtrils, if we acquaint ourſelves with the ſtructure of the parts which it may reach. And this ought to have been a conſideration prior to the firſt uſe of the herb in that manner; and it may be affirmed, that if it had been conſidered, this method of taking it could never have been introduced.

No part of the human frame is more delicately ſenſible than the noſtrils; which are covered, in a manner, with branches of nerves; and theſe ſo thinly guarded from the air, that the brain itſelf may be ſaid to lie, in a manner, naked there. This conſtruction was eſſential to the delicate ſenſe of ſmelling; the proviſion made for which is, like all other parts of the human frame, the apparent work of Infinite Wiſdom.

Theſe

Theſe nerves, eaſily irritated, are as eaſily deſtroyed. Nature is always on her guard againſt injury, and will uſe violent, and even convulſive efforts, to preſerve herſelf; but the induſtry of man may overcome them all. Thus, when ſnuff is taken by a perſon unaccuſtomed to it, the irritation is exceſſive, and ends in ſneezing: this is a ſucceſsful effort of nature to throw off the offending matter. The acrimonious powder is only received into the open noſtril; it is from thence immediately expelled by the ſhock; and being followed by a plentiful diſcharge of watery fluid, every remain of it is waſhed away, and in this caſe the ſnuff acts by its acrimony only: there is not time for it to exert the other pernicious qualities which it poſſeſſes in a ſtrong degree.

The effects we have deſcribed are thoſe which take place on a perſon unuſed to ſnuff: cuſtom gets the better of nature's abhorrence to that powder. A due degree of this effect can only be produced when that the nerves of the noſtrils are in a perfect ſtate; the acrimonious ſubſtances which firſt irritate thoſe tender organs, afterwards deſtroy them: and on this account perſons who are habituated to ſnuffing, no longer ſneeze when they take it. The powder, which at firſt excited thoſe irritations by which it was thrown off ſo violently, is permitted to lodge and to exert all its force; thus are the nerves corroded, their delicate ſenſibility deſtroyed, the ſenſe of ſmelling impaired, and at length totally loſt.

Nor is this all, nature, who provides for many purpoſes in the ſame way, conſtituted this delicate ſenſation of the noſtrils, not only for the agreeable and uſeful ſenſe of ſmelling, but to defend and guard thoſe ſecond paſſages to the throat.

The paſſage by the mouth we can ſhut at pleaſure, but theſe other inlets are continually open; and without ſome particular guard, ſubſtances improper to be ſwallowed might get down this way by accident, beſides the acrimonious powder which is forced in by art.

But the proviſions of nature againſt the accidental ſwallowing of acrimonious things, are induſtriouſly ſubverted in ſnuff-taking. A few ſcattered hairs are no defence againſt the application of a finger and thumb preſſed to the very opening of the noſtril, and charged with ſnuff which is drawn up with all the force of our breath: for this is the manner in which we compel the noſtrils to receive this acrid and more than half-poiſonous powder of tobacco: and by continued repititions of this application, thoſe nerves are deſtroyed which would excite ſneezing to diſcharge it.

And in this manner is the ſnuff received and retained in the cavity of the noſtrils; tincturing the fluid which is naturally diſcharged by the glands of the noſe; and ſome of it making its way unoppoſed, with the ſaliva or proper liquors of the mouth, will be drawn into the ſtomach; and it is here only, according to the judgment of ſome phyſicians, that it begins to be injurious; but we ſhall hereafter offer the reaſons which have induced us to form a contrary opinion.

According, then, to the progreſs of this pernicious powder, the firſt effect of it will be on the nerves of the noſtrils, where it is firſt received, and which from their own tender nature, and the acrimony of the powder applied to them, will be deſtroyed. And this will certainly happen from a continued uſe of ſnuff; but the miſchief will be completed ſooner in ſome than others, according to the particular ſtructure of the part, which is not alike in any two bodies.

When theſe nerves are deſtroyed, the ſenſe of ſmelling, which depends on them, will be injured of courſe; and in ſome degree alſo, that peculiar ſenſation which is of a middle nature, as it were, between ſmell and taſte, by which we diſtinguiſh the more delicate flavour of what we eat.

But as the diſtinguiſhing ſenſe of the different flavours in bodies, is a more delicate kind of taſte, it will

will therefore be firſt injured; eſpecially as the mixture of ſmelling, which is evidenty concerned, ſhews that the nerves of the noſtrils have ſome ſhare in it.

In order to enjoy this ſenſe in perfection, the nerves muſt be kept in an uninjured ſtate, and the mouth have a due degree of moiſture, but not an exceſs. For which reaſon infants, whoſe mouths are more moiſt than thoſe of men, have not the ſame delicate ſenſe of it, the extremities of their nerves not lying ſufficiently expoſed; and in perſons of very advanced age, this ſenſation is leſs delicate, becauſe the nerves are waſted. Snuff will reduce thoſe who uſe it to a worſe condition than either infants or the aged.

Snuff is by its acrimony capable of producing, in thoſe parts with which it immediately or accidentally comes in contact, ſwellings and excreſcences, which in ſome caſes, require to be extirpated by ſevere operations of ſurgery: and in others become fatal, becauſe they lie beyond the reach of the operator: and the participation of its qualities to the juices of the mouth and throat, may in time ſo far pervert and impair the actions of the ſtomach, as to bring on a variety of diſeaſes.

But though ſnuff effect the miſchiefs we have deſcribed in ſome inſtances, yet it does not always appear to be attended with the ſame conſequences; nor is this ſurprizing. In many perſons it occaſions diſorders, which perhaps are not attributed to it.

An elderley gentleman, who had been many years addicted to ſnuff-taking, was by degrees affected with a kind of ſuffocation, and could not breathe but with his mouth open: from his right noſtril hung the end of a polypus, or fleſhy tumour, the remainder of which filled the cavity on that ſide, and entirely prevented his breathing through that noſtril; the other he could make very little uſe of from a like cauſe; nothing, however, appeared externally on that ſide, but the ſame ſwelling was perceivable within. Yet what ſeemed to affect this unfortunate perſon moſt

moſt, was his not being able any longer to take ſnuff.

Some time after, a ſurgeon of eminence undertook and performed a cure, after many had declined it; which he completed by attacking, from within his patient's mouth, what could not be got at by the way of the noſtrils. But the greateſt advantage of all was, that his long diſuſe of ſnuff, with the ſenſe of the miſchief it had done him, prevented his returning to the cuſtom, and inſured him an uninterrupted ſtate of health for many years after.

A gentleman ſomewhat advanced in years, having been early accuſtomed to ſnuff, and finding himſelf unhappy, that from the conſtant long uſe of it, he felt leſs and leſs of the effect, endeavoured to find ſome of a ſtronger and more acrimonious kind, and at length met with a ſort which gave him the higheſt ſatisfaction.

But the pleaſure which he found in his new acquiſition was but ſhort lived; for after a little time, two ſwellings of a fleſhy ſubſtance were perceived in one of his noſtrils, and one in the other, which grew ſo faſt, that in eight or ten days, one of them hung a conſiderable way out of one noſtril, and the others began to be viſible in the opening of the other.

The large ſwelling which filled the right noſtril alone, having thruſt itſelf out beyond the end of the noſtril, began to grow the other way alſo, and forceing itſelf back through the opening of the noſtrils into the mouth, increaſed there very faſt, and reduced him to a miſerable condition: his breathing and ſwallowing were attended with great difficulty, and he could hardly ſpeak ſo as to be underſtood.

Theſe ſwellings appearing of a deep crimſon, and being extremely painful, he was at firſt alarmed with apprehenſion of a cancer; but a ſurgeon being ſent for, he was ſoon eaſed of his anxiety on that ſcore, though the cure of the real diſorder was not effected without great pain. The acrimony of the ſnuff only had

had occaſioned the ſwellings, which there was no poſſibility of diſperſing, or any other way of getting rid of, but by cutting them out, which was performed with ſucceſs, and the blood which followed the inſtruments alſo carried off the inflammation. This operation was abſolutely neceſſary to the preſervation of life; for that part of the large polypus which had extended itſelf to the mouth, increaſed ſo faſt that the patient was in imminent danger of being ſuffocated.

Another gentleman, equally unfortunate, after a long and immoderate uſe of ſnuff, found his breath paſſed with difficulty through one of his noſtrils, the complaint gradually increaſed, till he perceived a ſwelling within, which was hard, but unattended with pain. It continued, however, to grow ſlowly, till at length it filled up the whole noſtril, and by the ſwelling obſtructed the breathing of the other: he now found it neceſſary to apply for aſſiſtance. The ſwelling turned quite black, and adhered by a broad baſe, ſo that it could neither be taken away by the knife or ligature: it ſtill, however, occaſioned no great pain, but an unconquerable itching in the lower part of it. He was earneſtly cautioned to avoid ſcratching it, but in vain: he could not be prevailed on to forbear, and the conſequence of his perſiſting was a diſcharge of a thin acrid humour, with dreadful pain, and all the frightful ſymptoms of an open cancer. He tried hemlock, but without ſucceſs; it produced no good, though it had no ill effect on him, and he lingered out his life without relief, or even hope.

Theſe caſes, in both which the complaint firſt appeared after taking a kind of ſnuff different from that to which the perſon was accuſtomed, though ſold under the ſame name, afford reaſon to ſuſpect that ingredients of a worſe nature than tobacco itſelf are ſometimes added by bad perſons to the compoſition of ſnuff; and it has been confidently aſſerted by ſome perſons,

perſons, that glaſs reduced to powder is among them; though we hope, for the credit of humanity, that it is impoſſible to find any perſon baſe enough to adminiſter poiſon in this way for the ſake of private emolument.

But if it ſhould be argued, that the polypuſſes which attack ſnuff-takers are not abſolutely cauſed by that cuſtom, and that the principles of the diſorder were there before; yet it will not be denied that ſnuff irritates the parts and haſtens the miſchief; and even ſuppoſing the latter only to be the caſe, the injury is certainly greater than the indulgence is worth: nor can it be abſolutely pronounced that ſnuff is not the cauſe, or determined who has or who has not the ſeeds of ſuch a diſorder as ſnuff may bring into action.

And as cancers of the noſe are as dreadful and as fatal as any others, it is certain that ſnuff muſt be of all things in the world the moſt dangerous, where there is the leaſt diſpoſition toward them; for in ſuch caſes, almoſt all that can be done is, to keep the parts quiet, and the irritation of them is moſt to be avoided; and nothing is ſo irritating as the ſnuff which is perpetually poured up the noſtrils.

But the injuries occaſioned by ſnuff are not confined to the noſtrils; the throat or gullet partakes of them; and not only reaſon but experience ſhews it may do the moſt terrible miſchief there.

A poor old woman, in a diſtant part of the kingdom, was reduced to ſuch a ſtate, by a ſwelling within her throat, that ſhe was fed with broth by means of the ſtem of a tobacco-pipe; by ſucking at one end of which, while the other was plunged into the baſon, ſhe could with great difficulty, and in the ſpace of an hour or more, get down as much as was ſufficient to ſupport life. The account ſhe gave of the beginning of the diſorder was, that it aroſe from ſwallowing ſome ſnuff, which ſhe had too haſtily drawn up her noſtrils.

A

A ſimilar inſtance is recorded in medical books: a perſon who took great quantities of ſnuff, perceived after a time, a diſorder in his throat, occaſioning a difficulty of ſwallowing. No medicines could be of uſe; and when an inſtrument was thurſt down, it ſtuck at a particular place, and neither art nor violence could get it farther. He became by degrees unable to ſwallow any ſolid food, and in the end even liquids could not paſs: by this means he waſted to a mere ſkeleton, and at length died famiſhed. Being opened, a polypus was found in his throat like thoſe which are uſually formed in the noſtrils, which filling up the paſſage of the gullet, ran down from its origin ſeveral inches. Many diſorders probably originate in the ſame way, though their cauſes may be overlooked.

Happy, however, it is, that as the miſerable conſequences of indulging in this cuſtom are plain, ſo the remedy is obvious; no medicine is neceſſary or uſeful to combat the effects of ſnuff; the only and certain cure is, to leave it off; this will produce a favourable effect at any time, and even in the worſt caſes: and if the parts are ſo far corroded and deſtroyed as not to be reſtored, the ravage will extend no farther when the cauſe ceaſes; and life may be preſerved, though probably at the expence of ſome delicate ſenſation.

But the moſt dreadful effect of ſnuff is yet to be mentioned; which is the impreſſion it ſometimes makes upon the underſtanding. In ſome inſtances it evidently dulls the apprehenſion; and being long perſiſted in, reduces thoſe who are devoted to it to a ſtate of abſolute ſtupidity, a dulneſs of the faculties, and a kind of lethargy of the mind.

Such are the effects ſome ingenious medical writers attribute to ſnuff; whilſt others contend, that it has a very contrary effect; that it aſſiſts, inſtead of impairing the imagination; and the ſtudious and the public ſpeakers, find great aſſiſtance from its immediate

diate efficacy. To which latter opinion it is again objected, that the immediate effect of ſnuff in quickening the imagination, is like that of ſpirituous liquor in raiſing the ſpirits and promoting chearfulneſs: it is ſaid to be a falſe fire in both; which is moſt perceived by thoſe who are leaſt accuſtomed to the one and the other, and wears off as they become habitual; and that thoſe who are in the conſtant practice of taking ſnuff, feel no ſuch effect from it.

Perhaps thoſe who oppoſe ſnuff generally, are too ſevere in their remarks on the conſequences of taking it, and are in many caſes rather influenced by opinion, than convinced by facts, in ſupport of all the deleterious effects they attribute to it; and it is probable, that thoſe who are advocates for the uſe of it, are themſelves devoted to it, and would be more inclined to conceal than promulgate any ill conſequences which they may themſelves perceive to be occaſioned by it. And, upon the whole, it is not impoſſible, but a ſmall quantity of powder may be uſed without fatal effects; though we earneſtly adviſe our readers not to indulge in taking it to any conſiderable degree.

MANNA.

This is a drug in great uſe now: but does not appear to have been very long ſo, by the ſilence of ancient authors about it. It is thought by ſome to be a kind of honey-dew, that falls in the night, gathers upon certain trees, and hardens with the ſun: but this opinion does not obtain, becauſe ſuch dews melts in the ſun; whereas manna whitens and hardens in it: for ſuch dew is found only on the tops and extremities of the leaves: whereas manna is obſerved to lodge neareſt the trunks of the branches; and becauſe the honey-dews fall only upon trees open to the air; whereas manna abounds on thoſe trees that are under cover,

cover, as hath been experienced by Dr. Conelius, who hath gathered manna from branches covered on purpoſe with cloths: and Lobelius, with ſome others, affirm manna to have been collected from the branches of the aſh, which had been thrown the day before into a cellar; none being then viſible upon them. Beſides which conſiderations, this comes only from a particular tree (in Calabria and ſome few other parts of Italy) which is the true Fraxinus: but why it is not produced from it in other countries, is accounted for from the difference of ſoil, climate, &c. which occaſions as great changes in other plants. Dr. Tancred Robinſon, in his travels about Naples, obſerved certain animals to feed upon this aſh: and conjectures the manna to flow out at thoſe little holes theſe creatutes made to draw their nouriſhment. It iſſues moſt about Midſummer, and before the autumnal rains fall, and then ceaſes till the following year. It is as ſweet as ſugar, and like it, diſſolves in any warm liquor. It is given to children, from two drams to an ounce; and to grown perſons from one ounce to two, or upwards. It is reckoned only to deterge the Primæ Viæ, and carry its influences no farther than the ſtomach and bowels. It is therefore not to be depended on in any caſes of obſtinacy. That is now accounted the beſt, which comes from Calabria in Italy; and is in white large flakes: tho' formerly the Syrian manna was in the greateſt eſteem, which granulated like maſtich.

CAMPHIRE.

This is a pellucid gum or reſin, which does not flow from the tree; but is obtained out of its wood, by a particular way of ſublimation. It is brought into Europe chiefly from China, and the iſland of Borneo in the Eaſt-Indies. It is extremely volatile: It is the moſt efficacious diaphoretic known in medicine; its great ſubtility diffuſing it thro' the very ſubſtance of

the parts, as ſoon almoſt as the warmth of the ſtomach ſets it in motion. In all fevers therefore, when a diaphoreſis is to be encouraged, nothing will ſooner raiſe one: but its great heat requires plentiful diluting with ſmall liquors. Its ſmell indeed is ſo penetrating and particular, that it is not to be diſguiſed in any form. In reducing it to powder, the mortar muſt be firſt rubbed with a little oil; elſe it will not divide. It very readily diſſolves in rectified ſpirit; but it will again part from it, and appear like a curd, if that be lowered with any aqueous mixture. This has been in great eſteem with practical authors of the beſt note heretofore, in all kinds of fevers, malignities, and epidemical contagions; and we ſhall hardly meet with any compoſitions for thoſe intentions in Sennertus, Riverius, or Etmuller, without this as a principal ingredient. It is as ſafe as efficacious, and there is one quality which ſeems but little known; which is, that in deliria, where opiates fail of procuring ſleep, and oftentimes aggravate the ſymptoms, this will frequently ſucceed; and as it helps forward a breathing thro' the pores by its warmth, it does alſo contribute to the ſame good end, by relaxing the tenſity of the fibres with reſt. It has been much debated, whether this be really hot or cold; its ſenſe upon the palate, at firſt taking, perſuading the former; and its uſefulneſs, in allaying inflammations, encouraging the latter opinion. If by warmth is underſtood ſuch a ſubtility of parts, as diſpoſes them to briſk motion, and to agitate what is about them; this has as good title to be ſo, as any thing which is not actual fire. And for its allaying inflammations, that may be done by the ſubtility of its parts, dividing and diſcuſſing ſo far the obſtructed humours, that they either perſpire, or are taken up again into circulation by the refluent blood: for ſpirit of wine, and many things allowed by all to be hot, will do this by the ſame means.

GENTIAN ROOT

Is extremely bitter: but leaves rather an agreeable, than naufeous guft behind: it wonderfully warms the ftomach, and excites the appetite; and alfo as it enables it the better to digeft what it receives. It is a great antidote againft many kinds of poifons; as it wonderfully promotes both fenfible and infenfible perfpiration. For killing and expelling worms it is in the beft efteem: and in chirurgery it not only goes for a difcutient in fomentations, but is alfo ufed in fine powder to iffues, to promote their running; and as a tent, both to enlarge and cleanfe fome fiftulous apertures. Some authors extol this, beyond all credibility, for its alexipharmic qualities; and rank it almoft with the Peruvian bark in intermittents. It very much affifts in fome compofitions for removing agues, and fome kind of intermittents, but it is not to be depended upon alone: and by its great fubtility and heat, if caution be not ufed, it will inflame in many cafes, rather than abate the fymptoms: with this only, and the outer rhind of orange-peels, may be made a very good ftomatic bitter.

GUAIACUM,

Holy-wood, or Pock-wood; for it has many names. This is the wood of a tree that grows very tall in the Weft-Indies. Some pretend there are many forts of it: That which is heavieft is beft. It is very hot and drying, and therefore a great promoter of perfpiration, and perhaps the moft certain diaphoretic hitherto known. Upon this account, it is reckoned a wonderful fweetner, and cleanfer of the blood; and therefore much prefcribed in cutaneous foulnefs of all kinds. By the fame hot penetrating quality, it is likewife efteemed good in the gout; by diffipating and

inſenſibly waſting the humours thrown upon the joints; as alſo in dropſies and catarrhs, by drying up and waſting the ſuperfluous humidities. But in venereal caſes it is ſaid to do wonders; upon which account it has obtained its name of Pock-wood.

"It is not, nevertheleſs, capable of itſelf of abſolutely curing the venereal diſeaſe without the aſſiſtance of mercury; though it greatly palliates the ſymptoms, eſpecially in hot countries; but joined to mercury, the ſame is thereby determined to the ſkin, and thence rendered capable of eradicating cutaneous poxes, which reſiſt ſalivations, and all other methods hitherto known. In theſe caſes, the decoction or extract ſhould be uſed, and given continually with ſuch a proportion of mercury, as may be retained in the habit, without forcing its paſſage through the inteſtinal or ſalival glands, to which the guaiacum, if the patient be kept warm, will contribute much to hinder" To have its full virtues by decoction, it ſhould either be freſh, or very long boiled.

SASSAFRAS.

It is the wood of a very large tree, which grows in Florida, Virginia, &c. It is of an aromatic ſcent: ſome compare it to fennel: it is very drying and hot, tho' not quite ſo much as the Guaiacum, and is uſed in all the ſame intentions.

This is ſomewhat come into faſhion in families, by way of tea; which the ſhavings of it make agreeable enough; but the ſcandal of its being good in venereal caſes, is a great detriment to its credit; which prevents a great deal more good being done by it, than otherwiſe might be; for it is certainly an admirable ſweetener. Tho' with ſome indeed it does not well agree, at firſt eſpecially, and in a morning: as it affects the head like ſome perfumes, and occaſions pains, drowſineſs, and vapours; but uſe, and firſt drinking it in afternoons, will with moſt conſtitutions wear off theſe inconveniences.

CHINA.

CHINA.

This root comes from the country, whoſe name it bears; it is alſo brought from New Spain, and moſt of it we have now from Peru; which is the true officinal ſort. That is accounted beſt which is white within, light and mealy. It is drying, and promotes perſpiration; for in many of thoſe inſtances, where ancient authors ſpeak of theſe things being diaphoretic, they can be underſtood only of inſenſible perſpiration; for the largeſt doſes will not procure any viſible effect. It is reckoned likewiſe to be diſcutient, aperient, and hepatic: but it is certainly good in all nervous caſes which proceed from too much humidity, and may deſerve to be recommended as it much is, in the gout, and ſome kinds of the palſy. It comes in for an antivenereal upon the ſame foot as ſome of the fore-mentioned words.

SARSA, OR SARSAPARIL

Comes from the Weſt-Indies. It is accounted abſorbent, and a great ſweetener, and much in uſe with ſome for a kind of tea, which they conſtantly make with it, and drink with or without milk, like the common teas. Some much queſtion whether they be really any medicinal virtues in this root, becauſe it diſcovers little in taſte, ſmell, or tincture; and ſuſpect it to have got into eſteem only as many other things have done of very little worth, by their bearing a good price, and being brought a great way.

SENNA.

The beſt ſenna comes from Alexandria, and is the ſharpeſt-leaved of any of the ſorts, and ſmells briſk, if

if it be not old. The brightneſs of its colour, and quickneſs of its flavour, are indications of its goodneſs; for when it has loſt its ſcent and grows duſky, it is good for little. It is one of the moſt common purgers in the ſhops, and in extemporaneous preſcription. Although it is placed amongſt the milder ſort, yet in ſome circumſtances, and eſpecially in an increaſed doſe, it will work ſmartly enough. In common preſcription it is generally ordered in infuſion, from one dram to half an ounce. Its common correctors are liquorice, ſome of the carminative ſeed, or ſalt of tartar: the latter gives a much higher colour to the infuſion, and ſeems a very agreeable ingredient as a corrector; for all lixivious ſalts divide the ſulphureous parts of a cathartic, whence they are not ſo apt to adhere to the coats of the bowels, which often makes their twitchings too ſenſible; and they alſo aſſiſt in attenuating thoſe viſcidities which a cathartic is intended to carry off, and therefore make them paſs away more eaſily. This drug is apt at firſt taking to nauſeate the ſtomach; and therefore in its infuſion, or to the ſtrained liquor, if a little cinnamon, or a dram or two of its diſtilled water be added, it paſſes through with leſs ſickneſs, and will afterwards operate as well. This is exactly conformable to the ſentiments of Ludovicus; who ſays, the purgative quality of this herb reſides in its mucilaginous or gummy juice, which the more it is divided, makes it gripe the leſs in its operation; and therefore he orders its infuſion in water, or ſmall wine, with half a dram of ſalt of tartar to a doſe; and ſome cinnamon or ginger. But the doſe he determines by the quantity of the menſtruum, upon a conjecture that it cannot be ſated under a certain degree, ſo that if the quantity of ſenna exceeds the proportion which will do that, it makes it never the ſtronger; the menſtruum being capable of receiving no more. Rulandus imagined a ſudorific quality to be in it; and accordingly ordered it in ſome compoſitions of that intention. There are ſcarce any forms

of

of cathartics in which this is not an ingredient; and it is generally the principal in purgative diet-drinks, and medicated ales.

WHITE JALAP

Is brought chiefly from New Spain. Some indeed call it Indian Rhubarb, but improperly. Monardus will have it a ſpecies of exotic byrony. This is reckoned, as the former, a very efficacious purge, but of ſlow operation; the ſeat of its action being chiefly in the extreme parts; and therefore accounted good in all gouty pains: for which purpoſe it ſtands in great commendation amongſt the ancients; although it is almoſt rejected in modern practice.

RHUBARB

Is a ſpecies of the Lapathum, and comes to us of two ſorts; one from China, which is of a fine nutmeg grain; and another from Muſcovy, that is heavier, and of a more duſky colour. That which is accounted the fineſt of all, is very little purgative; but is much preferable in all the intentions of a reſtringent; and therefore is beſt in fluxes of all kinds. The purgative quality of this root ſeems to conſiſt moſt in its gummy parts; by reaſon it is beſt drawn out with aqueous menſtrua, impregnated with a lixivial ſalt. Extreme drying deſtroys its purgative virtue; wherefore it is frequently ordered to be toaſted, on purpoſe to make it leſs purgative and more aſtringent. It is infuſed from one dram to three, for a doſe; and given in powder from ten grains to two ſcruples. It greatly ſtrengthens the ſtomach and bowels, and is an excellent medicine againſt choler, and other diſtempered contents of the inteſtinal and meſenteriac glands. It is accounted by ſome to be a great purger of the liver. The kidneys do not lie too remote from its influences; for it frequently paſſes

paſſes ſo much that way, as to diſcover itſelf in the colour of the urine. It therefore is very good in obſtructions of the reins and ureters: but in the jaundice it almoſt paſſes for infallible. It is good againſt worms in children; and is the beſt purge that can be given them, to clear away thoſe crudities in the bowels, which are apt to breed worms. It alſo gives a firmneſs to the fibres, which from the ſlipperineſs of childrens' diet, are generally too lax; ſo that its repitition to them can hardly be too frequent. This is of great uſe in extemporaneous preſcription; and is alſo in many officinal compoſitions; particularly in ſyrups and tinctures: although none of them are ſo good as the root powdered and given in ſubſtance.

NITRE

In the moſt extenſive ſenſe of the word, ſignifies any ſalt formed from alkaline bodies and the air; but what is now generally meant by it is that kind commonly called Salt-petre. It is a neutral ſalt, conſiſting of an acid, leſs powerful than that of vitriol, and more powerful than than of ſea-ſalt; and the fixed alkaline ſalt of vegetables. It may be prepared any where, by properly expoſing putrifying vegetables to the air, and waſhing out the ſalts when formed, by a weak ſolution of fixed alkaline ſalts: but it is brought from the Eaſt Indies at a much leſs expence than it can be prepared here. Crude nitre was not, till lately, in common uſe in medicine, though it was known to be diuretic, and was by ſome reported to correct the bile, aſſuage thirſt, and alleviate inflammations and pains; but modern practice has given it a principal place amongſt the capital remedies. The frequent uſe of it was firſt introduced in Germany, and ſince eſtabliſhed here; where it is now regarded under the notion of an antiphlogiſtic, as a general remedy of every kind of inflammation; and therefore given, not only in pleuriſies, quinſies, peripneumonies,

monies, &c. but in every kind of fever attended with heat; and in all other diſorders, either general or topical, where the leaſt inflammation is expected to enſue; as likewiſe in hæmorrhages, which it is ſuppoſed to mitigate, by checking the motion of the blood by its cooling quality. But beſides this extenſive power of overcoming inflammations, there are others more extraordinary attributed to it. A ſurgeon in conſiderable practice has, in conſequence of many trials made in a public hoſpital, offered it as a remedy, when taken as an internal alterative, for thoſe inveterate corroding ulcers which have hitherto in general baffled the art of healing.

As nitre is given in ſuch a variety of caſes, ſo the doſes, of courſe, are extremely different. We have known half an ounce taken ſeveral times in a day, and in a few inſtances even more; but the general doſes do not exceed a dram, and frequently reach not even a ſcruple; though it does not appear that any inconvenience, except in ſome perſons an uneaſy ſenſation in the ſtomach, is occaſioned even by the largeſt doſe we have mentioned, if the nitre is ſufficiently diluted with water: ſo that if nitre can produce ſuch extraordinary advantages, the free uſe of it is certainly allowable. That it is of great efficacy, when given in larger quantities, in pleuriſies, &c. where the inflammation is owing to a glutinous ſtate of the blood, is not to be queſtioned: but whether from any ſpecific or peruliar power; or from the ſolvent quality, in reſpect of the viſcidity of the blood and humours, which it has in common with other neutral ſalts, is not ſo clear. It is certain that all the neutral ſalts, formed from fixed or volatile alkalies, have this febrifuge power; and perhaps it is only from a more frequent adminiſtration of nitre in this intention, that it has been ſuppoſed to have different properties and effects. But whatever nitre may perform, when given in larger doſes, doubtleſs ſuch trifling quantities as ten, and even five grains, which are frequently ordered, muſt be entirely inſignificant:

and if a perſon in health can take an ounce, without experiencing the leaſt change, on what foundation can we believe that a few grains of the ſame ſubſtance can counteract the force of a violent diſeaſe? But where too much is aſcribed to a medicine of ſome efficacy, a deficiency in the doſe, often follows the exceſs in the eſtimation of its virtues.

BARBADOES TAR.

It has a ſtrong ſcent, not unlike the common tar, and is not very pleaſant to the ſight or taſte; but it is a good balſamic, and will do great ſervice in ſome diſorders of the breaſt. It is effectual in obſtinate tickling coughs, and often ſucceeds where more legant medicines have failed. The ſame has been experienced of our common tar. How much theſe differ in virtue we are not able to determine. Some commend this in burns, ſcalds, and inflammations; but the regular practice does not much juſtify any ſuch uſe externally. Amongſt the country people it is in mighty requeſt for ſcald-heads, which is a thing troubleſome enough to cure, and often puzzles a good phyſician.

That medicine commonly ſold by the name of Oil of Spike, is nothing but oil of turpintine tinged with this ſimple.

WINTER'S BARK.

This is a warm aromatic drug, which takes its name from the perſon who firſt brought the Europeans acquainted with it. It is accounted a ſpecies of cinnamon, and therefore called Canella alba, or the white cinnamon. It has a flavour not greatly unlike lemon-peel, is ſubtile, penetrating, and ſoon ſenſible to the nerves.

ZEDOARY

Comes from India. The beſt is white, fragrant, heavy, ſound, and of a ſpicy bitteriſh taſte; which brings it under the claſs of cephalics. But it is alſo reckoned by many among the alexipharmics; for which reaſon it comes to have a place in the capitals; and it is ſaid even to prevent infections, by holding

it

it only in the mouth. By reaſon of its agreeable bitterneſs, it is preſcribed likewiſe as a ſtomachic; and for its ſpicy warmth 'tis recommended alſo in cholics and hyſterical affections, and likewiſe for promoting the menſes.

GINGER.

This is likewiſe an Indian root, generally brought over dry, but ſometimes in preſerve. There are two ſorts, white and black; but the white is beſt: being the root only dried and cleanſed: whereas the other is the ſame ſcalded, and of a darker colour, and more ſhrivelled. It now comes chiefly from Jamaica and the Caribee iſlands, tho' it grows both in the Eaſt and Weſt Indies. It is very hot and penetrating, and therefore a greater warmer of the nervous parts; whence it rather enters into compoſitions of other intentions than ſuch as are merely cephalic. It is excellent in warming the ſtomach, and keeping the gout from that part.

SUGAR.

The plant which produces this, is called Calamus Saccharinus, the Sugar-Reed or Cane. Its medicinal effects vary ſomething according to its different degrees of fineneſs: the browneſt is moſt ſweet, becauſe there is moſt of an oily nature in its compoſition; which makes it more adhere to, and abide longer upon the palate. It is alſo moſt opening, and therefore beſt to uſe in purgative ſyrups, as alſo in clyſters. The finer has more of a binding quality; but the fineſt of all has a deterſive one; and is therefore uſeful where phlegm abounds; for it cuts and attenuates viſcid humours, and promotes expectoration. The common ſugars have ſo much in them that is groſs and viſcid, that if much uſed they foul the glands; particularly thoſe of the ſkin; and occaſion many ſcorbutic ſymptoms. Many authors too have a notion of their being hurtful to hyſterical and hypochondrial people; becauſe of their fermentative nature: and for the ſame reaſon alſo forbid them in fevers.

A GLOSSARY,

Of some of the physical terms.

Bile, or Gall. A fluid which is secreted by the liver into the gall-bladder, and from thence passes into the intestines, in order to promote digestion.

Chronic. A disease of slow progress--opposite to *Acute.*

Chyle. A milky fluid separated from the aliment in the intestines, and conveyed by the absorbents into the blood to supply the waste of the animal body.

Circulation. The motion of the blood, which is driven by the heart thro' the arteries, and returns by the veins.

Cutis. The skin.—*Cutaneous.* Of, or belonging, the skin.

Diuretic. A medicine that promotes the secretion of urine.

Fæces. Excrement--*Fætid.* Emitting an offensive smell.

Fœtus. The child before birth, or when born before the proper period, is thus termed.

Flatulent. Producing wind.---*Gangrene.* Mortification.

Hectic fever. A slow consuming fever, generally attending a bad habit of body, or deep-rooted disease.

Inflammation. A surcharge of blood, and an increased action of the vessels, in any particular part of the body.

Mucus. Matter discharged from the nose, lungs, &c.

Nausea. An inclination to vomit---*Nervous.* Irritable.

Pectoral. Medicines dapted to cure diseases of the breast.

Perspiration. The matter discharged through the pores of the skin in form of vapour or sweat.

Phlegmatic. Watery, relaxed.

Plethoric. Replete, or abounding, with blood.

Phlogiston. Is here used to signify somewhat rendering the air unfit for the purposes of respiration.

Pus. Matter contained in a boil, as the small-pox.

Regimen. Regulation of diet.

Spasm, or Cramp. A diseased contraction.

Styptic. A medicine for stopping the discharge of blood

Temperament. A peculiar habit of body, of which there are generally reckoned four, *viz.* the sanguine, the bilious, the melancholy, and the phlegmatic.

Ulcer. An ill conditioned running sore.

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